

Issue No 54 Available from Wednesday, September 17, 2008



Chatham Historic Dockyard 24th September 2008 8am-4pm FREE ENTRY



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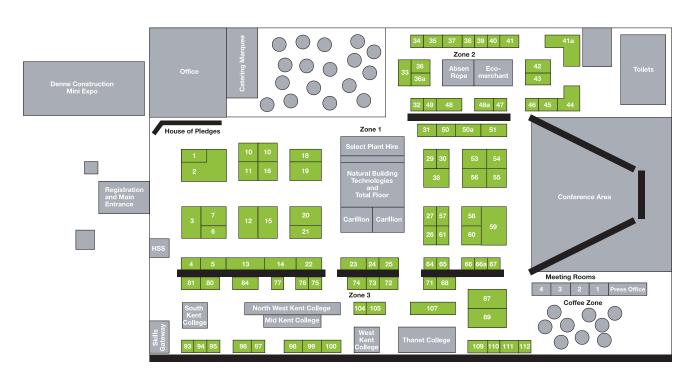






Chatham Historic Dockyard 24th September 2008 8am-4pm FREE ENTRY

Company	Stand No	Company	Stand No	Company	Stand No
1st Call		FloPlast	32	North West Kent College	76
Asbestos & Insulation Comp	any 43	GCL Ltd		One Planet Living	
Abbey Pynford		Geerings	81	Oxford Hydrotechnics	
Absen Rope Access Special		GEP Safety Consultants		Penumbra Blinds & Solar Cor	
Amicus Horizon		GSE Group		Poolworks	
Ashford Construction Focus		Headley Associates		Profile Construction Consulta	
Aspire Timber Structures Ltd		HMP Bellmarsh		RAP Office Contracts	
Avinco		HMP Maidstone		ReMade South East	
Axis Recruitment		HSS Hire		RSPB	
BBS Building Control Ltd	84	I - Nap		SafetyCo UK	
BioRegional Quintain		IOSH South East		SEEDA	
Blakes Air Conditioning		ISG Jackson		Select Plant Hire	
Brachers		Jobcentre Plus		Signs Unlimited	
Business Link		Kent Architecture Centre &		Signwise Ltd	
Building People		Kentspace		Skillsgateway	
Carillion Construction Trainin		Kier Construction Ltd		Speedy Hire	
Carillion Construction Trainin		Kingfisher Electrical		STG Building Control Partner	
Constructionline		Kitchen George Dover Ltd.		Telefonica O2 UK Ltd	
Countryside Properties		KOS Media		Thanet College	
CPRE		Mansell		The Cole Group	
Crest Nicholson		Marmox UK Ltd		The Environment Agency	
Denne Construction		MC Modelmaking		The Fire Strategy Company.	
Design & Media Solutions		Medway Council		The JCB Group	
Directline Structures		Medway Council - Educatio	n 37	The KPS Group	28
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Ecomerchant	48a	Medway Renaissance	2	Thomson, Snell & Passmore	36
Edge - Enviro Services Ltd .	73	Medway Safety Ltd		Total Floor Systems	19
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EPPS		Mid Kent College		University of Greenwich at Me	
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POOR HARVEST IS OF GROWING CONCERN

WHAT'S ON & WATCH vourkenttv.co.uk



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Alfie Mulcahy, 3, lent a hand to Faversham firefighters on Saturday as part of a fundraising event, billed as the UK's Largest Charity Car Wash

Fire stations across the country took part in a bid to beat last year's total of £300,000, with all motorists getting their car cleaned in exchange for a donation; and valuable fire safety advice

BY **GARETH ARNOLD**

FARMERS are facing a potential crisis after the National Farmers Union termed this summer's harvest as the worst in living memory.

Bad weather has seen crops left standing in fields more than three weeks later than planned with farmers feeling the full force of the ill winds

on their bank balance.

Chairman of Kent NFU, Kevin Attwood, of Downcourt Farm, Doddington, said farmers faced a tough time as the delayed harvest, coupled with rising costs, meant little money would be made

from this year's crop.

Mr Attwood said: "It really has been an extremely disappointing year. My father is 82 and he can't remember a worse harvest. It's rained almost every other day through August and there just hasn't been enough sun to dry the grain out."

Drying adds additional costs to the harvesting process, with famers having to pay to dry the wet crops in commercial dryers which blow hot air

over batches of grain.

This adds about £5 per tonne to the cost of readying the grain for sale. and with rising energy costs this already expensive option has become

gy costs in a arready expensive option has become more costly still.

Yet the longer crops such as wheat are left in fields, the lower the quality of the eventual yield. Mould and other pests attack the plants and ren-der them suitable only for producing animal feed, as opposed to premium uses such as bread and

as opposed to premium uses such as bread and biscuit making.

This loss of the quality premium costs farmers between £5-£20 per tonne, a serious loss in the face of rising costs associated with growing the crops in the first place, and the lower price of grain

in general, which is down 40 per cent on last year.
The disastrous harvest this year will also have

CONTINUED ON PAGE 2



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Why were these people all doing cartwheels? Search 'way' on the community channel @ yourkenttv.co.uk

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Station tuning into advertisers' needs with its change to Heart

BY STEVE KNIGHT

INVICTA FM is to undergo the biggest transformation in its 24-year history after confirming it is to change its name.

As part of a major overhaul by owners Global Radio, Kent's biggest commercial radio station will become known as Heart.

It joins 30 other stations across the UK going under a multi-million pound rebrand in a move designed to make it easier to sell more advertis-

ing and attract more listeners.

The changeover will take place over the next 12-18 months.

Bosses say the station will maintain 'all' existing local programmes, presented by local DJs, amid fears there would be more nationwide networked shows shared by all the Heart stations up and down the country.

Simplify

Neil Webster, managing director of Invicta FM and Gold, said: "This development is important for the future strength of Invicta FM.

Commercial radio is consolidating to ensure it is a strong competitor to the BBC and we will continue to provide our listeners and advertisers with an first-rate local station, supported by the largest owner of commercial radio in Britain.

"The change to Heart will be progressive, and we will take our listeners and advertisers with us throughout this process.

Invicta FM launched in 1984 from studios in Station Road East, Canterbury. Originally called Invicta Sound, it then was renamed Invicta Radio before switching to Invicta FM. In 1991 it switched from

Canterbury to studios on the John Wilson Industrial Estate in Chestfield, Whitstable.

Initiated by Global Radio's chief executive Ashley Tabor, the plan is

heart



POP PICKER: DJ James Heming is Invicta's breakfast show host - but is set to depart

to simplify its seven core brands to make it a more attractive proposi-tion to advertisers.

Invicta FM is currently part of a group of stations sold to advertisers as the One Network; the bulk of which will also now assume the Heart moniker.
Other brands in the stable are: LBC,

Galaxy and Choice, Classic FM, Gold AM, Xfm and the Hit Music Network. Quoted in industry title Media Week, Mr Tabor explained: "Advertisers know what they are buying when they get Heart.

"Most clients don't know what buy-

ing the One Network means... [the stations are] a rag-bag collection of local stations and clients need the message to be simplified."
• Email yourswale@kos

'Farmers will have to keep plugging away'

CONTINUED FROM FRONT PAGE

an impact next season.

Mr Attwood said: "There's also the knock on effect on next year's crops. Rape should have been in the ground by September 5 and about now people

should be planting wheat.
"We are passed the optimum time,

we are passed are opinion units, but farmers will have to keep plug-ging away to get the job done. "This may have an effect on the yield next year, but that depends very much on the year. No one can tell you if the weather is going to be better

rext season."
Farmers are now hoping for dry weather for the rest of the week so they can complete their harvests and salvage what is left of the crops.

 Are you a farmer? How has the poor weather and disappointing harvest impacted on you? Let us know. Contact reporter Gareth Arnold on 01303 817184 or email gareth.arnold@kosmedia.co.uk.

yourswale **NEWS** IN BRIEF

You'd be barking mad to miss this great sale

A BOOK fair is taking place this Saturday to help raise money for the Dogs Trust.

Dealers from across the county will

have a large selection of books on various subjects on sale as well as postcards and other items of interest.

Entrance is free and light refresh-ments are available with a door collection in aid of the trust.

The fair at Tevnham village hall opens from 10am-3pm. For further details call 01795 887869 or email

Roundabout plans are scrapped due to cost

SAFETY improvements to a junction will not go ahead due to concerns about cost and conservation.

A proposed roundabout at the cross-

roads with London Road, the Mall and Ashford Road in Watling, Faversham would require taking land from other properties including Abbey School.

A report by Swale council said traf-

fic signals would also not reduce delays but increase them, due to pedestrians crossing and significantly change the landscape, much of it a conservation area.

The cost of such proposals is also

thought to be potentially £500,000.



Fundraisers to go on hunt for scarecrows

Church coffers to benefit from annual event

BY GARETH ARNOLD

WHERE else could you see jugglers, Marilyn Monroe and Postman Pat, but the Ospringe Church scarecrow trail which winds its way through the parish this October?

These are just some of the creations dotting the path in previous years, and the 2008 trail looks to be no different.

A Viking and a wedding party are among the

40 figures already confirmed and there are sure

to be lots more surprises.

The colourful tribe of sponsored scarecrows is set to help raise funds for St Peter and St Paul Church in Ospringe next month, and a celebrity photographer and author is coming to judge them.

Chief scarecrow Joan Tovey, who has been organising similar events for years including the first ever scarecrow trail in Kent, said: "It's a wonderful and fun way to raise money for our beautiful old church and well worth a visit for anybody.





HIDING PLACES: Scarecrows are sponsored to help raise funds for St Peter and St Paul Church in Ospringe

"It's amazing how a few pounds on a sponsorship form adds up."

The scarecrow trail will feature dozens of char-

acters lining front gardens, roadsides and paths, and each one will be judged by photojournalist Gregory Holyoake, whose top selling book, Scarecrows, featured exhibits from previous successful trails, also organised by Mrs Tovey.

There are various categories to choose from, including best in show, most original, most amusing, topical, best dressed, best tableau and best celebrity, but originality and imagination are really what counts according to Mrs Tovey.

She said: "We've had them dancing, running

and sitting on swings. Someone even made two jugglers, one standing on top of the other. They are not just standing in a field."

The location of each scarecrow will be marked on a map which will be sold from the church at 50p each, where a crowd of scarecrows will be gathered to start people off.

The Harvest Scarecrow Trail takes place on Sunday, October 12, and is the first major fund raising event for the Friends of Ospringe

Since the launch, almost £3,000 has been donated by well wishers, many of whom have remembered loved ones in their generous gifts. For more details contact Joan Tovey on 01795

Speed camera in action on M2

MOTORISTS are being warned of speed restrictions and safety cameras in place while road works are carried out on the M2.

Junctions five and seven between Sittingbourne and Faversham will have a temporary 50mph limit for up to 15 weeks while bridge-strengthening takes place.

A mobile safety camera van has been

on site since the works started last Wednesday. The 50mph limit applies at all times during the day and at night, including weekends, whether workmen are on site or not.

Katherine Barrett of Kent and Medway

Safety Camera Partnership said: "We urge all drivers to respect the temporary speed limit until the works are complete. "The works are clearly signed so there should be no excuse for not realising

there is a temporary speed limit in place

or that safety cameras are operating.
"The message is clear – slow down or run the risk of getting a speeding fine which is £60 and three points on your

driving licence."

For further information contact the Highways Agency on 08457 50 40 30.

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Check out the latest blockbuster movies. Search 'preview'

A conflict of interests sees trio in trouble

THREE councillors have been found guilty of failing to declare an interest about a planning issue.

Cllrs Robert Baxter, John Disney

and Thomas English ought to have said at a parish council meeting they had properties which would be affected by the development of affordable housing on neighbour-

ing land.
Mikes Hawkins, Swale council's senior solicitor, said in his report that there was "potential of some form of development on the back doorsteps of the three members' and they did not declare any personal interests when they should have done so.

The councillors said as the agenda item for the meeting on May 27 last year was about the content of a letter suggesting the land for housing, rather than the merits of the site, there was no conflict of interest.

The council's standards commit-

the countries standards conlimited to the will now consider its next step. Cllr English resigned from Lynsted with Kingsdown parish council in June and Cllr Disney, who was also Swale's executive portfolio holder for the environment did in August office is long. ment, died in August after a long battle with cancer.

Measles threat prompts new MMR jab call

PARENTS are being urged to get their children immunised against measles in a bid to prevent an outbreak of the illness.

The call comes at the start of the latest school term and amid concerns it could spread after a recent outbreak around a school in

A letter has been distributed via a number of schools to warn parents of the potential dangers if they fail to have their children immunised with the MMR vaccine.

About 95 per cent of England's population needs to be vaccinated to protect against a widespread out-break of measles.

However, in East Kent, the per-centage of children immunised with the MMR jab by their second birthday had fallen to 79 per cent in the final quarter of 2007.

Kent is thought to be particularly vulnerable to the disease this year because of its proximity to London, where the MMR uptake is the lowest in the country.

The virus can be highly contagious

once an outbreak starts.

Eastern and Coastal Kent PCT spokesman Gary Mcfegan said: "The MMR vaccine take-up rate is not high enough to cancel out the threat of a measles outbreak.

"Measles is a serious illness and in

some cases it can be fatal. Delaying immunisation puts children at risk." Symptoms for measles include:

fever, conjunctivitis, runny nose, sore throat, and a cough.

The rash appears three to seven days after the onset of fever. It begins on the face, becomes generalised and lasts for four to seven days. The skin may flake off as the rash disappears.

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NEWS IN BRIEF

Lifeboat crews rescue drifting fishing dinghy

FISHERMEN in a dinghy which lost power and drifted dangerously into busy shipping lanes off the coast of Whitstable had to be towed to safety by lifeboat crews.

The 16-ft dingy with three crew ran into difficulty between the Red Sand and Shivering Sand forts, nine miles off the coast. Lifeboat crews found the vessel and towed it into Herne Bay habour.

The dinghy had set out from Herne Bay at 10pm the previous night, and had been drifting in and around the shipping lanes following the engine problem.

It's not too late to have your say on complex

DO you want to comment on plans for a major new sports complex in Canterbury which will provide a home for the city's nonleague football team?

Then you only have until Friday to do so. The city council has identified Ridlands Farm to the south of the city as its preferred site further to consultation and planning

To make your voice heard log-on to www.canterbury.gov.uk. All comments must be received by Friday, September 19.

Sheriff throws party to say thanks for your help

VOLUNTEERS often expect little in return for their hard work, but last week Riverside Children's Centre in Canterbury threw a party for dedicated staff.

The Sheriff of Canterbury, Cllr Charlotte MacCaul, presented certificates to those who have given up their time to help out, including parent members of the centre's board, breastfeeding peer counsellors and other parents who help to run groups.

The party, which had live music and a barbecue, took place on Friday, September 12. The centre is home of the city's SureStart project.

Save the cathedral when you sponsor a lead sheet

SPONSORS can pay for individual lead sheets as part of the project to replace the roof of Canterbury Cathedral's South East Transept.

A number of generous people have already chosen to support the Save Canterbury Cathedral Appeal by sponsoring a lead sheet, which is cast with up to three initials.

Each new lead sheet costs £1,000 to sponsor. The repair is part of a multi-million pound overhaul of the building. To find out more about sponsoring a lead sheet visit www.savecanterburycathedral.com.

Call to kill speed on 'death-trap' road

■ BY **JENNY ARMSTRONG**

CHILDREN "risk their lives every on the A257 through Bramling according to a Canterbury councillor who has accused authorities of inactivity in improving the road's safety.

Ward councillor Brian Staley, who was himself injured in an accident on the road, has called for immediate safety measures to be introduced, condemning the Joint Transportation Board's "contemptuous view" of the issues highlighted by anxious villagers.

He said: "The road remains a death-trap where children risk their lives every day just to go to and from school. It could become a vibrant community if only the traffic could be

"I share the anger and disgust of Bramling residents at the contemptuous way the

authorities have treated them."

Bramling straddles the A257 – the main road from Sandwich and Deal to Canterbury. Cllr Staley has branded it the most dangerous approach road in Canterbury, claiming it is the only one still with a 60mph limit.

The village has two junctions onto the A257, and is on a bend in the road which reduces visibility. Although there is a pavement through some of the village, Cllr Staley argues it is overgrown. At one point, the road has no pavement and a sheer bank on both sides.

Cllr Staley claims the Joint Transportation

Board could do more to make the road safer. He said: "I have presented petitions and spo-

Transportation Board, This board, like the



HIGH SPEED: The A257 through Bramling is the only Canterbury approach road to still have a 60mph speed limit

highways authority itself, is dominated by Conservative county councillors; the buck stops with them.

In private they admit there should be speed restrictions along the A257, which remains the one road approaching Canterbury that does not have a speed restriction. Yet the A257 remains the most dangerous approach road to Canterbury.'

Kent County Council declined to comment when we contacted them.

The road's effect on village life has prompted a continued campaign for better road safety provision, with Cllr Staley arguing that a more localised decision-making process could achieve more.

Cllr Staley said: "People have a right to be deeply disillusioned with politics.

"To bring back common sense and humanity, parish councils and communities should be empowered to spend some of the money they pay in taxes on designated tasks such as this.

"Economy of scale often means economy of services. To restore a sense of purpose in national life maybe we should start by strengthening community values.'

VIEW THIS CLIP ON

vourkentty.co.uk Hour LOCAL TY ONLINE



Film students are good sports

TAKE a light hearted look at the 1912 Olympics with pupils from Canterbury High School who have produced a spoof documentary focusing on some less than exemplary athletes.

The film follows the trials and tribulations of several young hopefuls who compete in a selection of track and field events with varying degrees of

Shot in grainy black and

white, reminiscent of early talkies, the shaky style matches the abilities of many athletes, all played by pupils.

The students, helped out by film and media agency Screen South who work with schools and youth groups among others, devised and shot the short film in the school grounds.

Pupils worked on every aspect of the production, from the script to the camerawork.

You can watch it this week at www. yourkenttv.co.uk. Simply search 'Olympics'

Screen South distributes lottery money and further funding from the UK Film Council's Regional Investment Fund for England. Many community projects the agency is involved in are funded this way, with the intention of promoting new talent, and film generally in the south of England.



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Canterbury SKIN AND LASER













RARE: The fossils show evidence of prehistoric parrots living in the area that is now Seasalter Levels Nature Reserve

Exotic fossils unearthed in marshland

■ BY JENNY ARMSTRONG

PREHISTORIC parrots have been discovered in Seasalter after an archaeologist unearthed several rare fossils of the exotic birds.

The finds may hold the key to understanding the area's prehistoric past.

The 55 million-year-old fossils appear to be the remains of two parrot-like birds, accord-ing to the RSPB, which would have evolved when England had a tropical climate.

They were found by Mark Harrison. Two skulls, a pelvis and several bones are thought to be from the Eosene period – before humans and most other animals had evolved. The petrified birds were found directly

behind the Seasalter Levels Nature Reserve.
Mr Harrison has been working in the area for 20 years and previously found sharks and reptile fossils around the levels.

While most archaeologists dig trenches to delve deeper, Mr Harrison waits for the sea to wash away the land surface. When the tide goes out fossils appear in the mud.

He said: "This is rare find - birds' skeletons are so fragile, the chances of them being pre-

served are almost inconceivable.
"The shape of the skulls tends to suggest they were perching birds, which may have fallen out of the mangrove forest that grew in

the area and into the mud."

Alan Johnson, RSPB North Kent Marshes reserves manager, said: "Mark's discovery indicates Seasalter Levels has been a wildlife haven for millions of years.

"These fossils show how wildlife has adapted to climate changes in the past, but the situation we now face is unprecedented as it is the result of human behaviour.

"As conditions become increasingly hostile, reserves like Seasalter Levels have never been so important. Species struggling elsewhere may look to these protected habitats to survive. We can't promise parrots but we could see a variety of wetland wildlife make a comeback due to our conservation work."

The nature reserve is run by the RSPB, Canterbury council, Swale council and Natural England, who bought the 100 hectares of Seasalter Levels a year ago.

The fossils will undergo a lengthy identification process to determine their origin.

yourswale **NEWS** IN BRIEF

yourswale.co.uk

Be bowled over by youthful opportunity

A YOUNG people's conference for the district has been given the go-ahead for another year after a successful funding bid.

The annual conference will commence in October to coincide with Local Democracy Week.

Canterbury council's children and youth community development officer, Nicky Gould, said: "This year's events will be bigger

and better than ever before.

"We have asked around 200 young people what they want to see happen and the issues they want to discuss, and their feedback has been invaluable. Now we're working hard to

confirm the programme and publicise it as widely as possible."
The event, Hot Topix, is organised by the city council and the Hot Topix action group. It aims to encourage participation in politics, so youngsters can air views and ideas about issues that affect them. Funding was secured through the Youth Opportunities Fund.

As part of the fun, there will be trips for the youngsters taking part to Whitstable's AMF

Car park maintains a high standard of safety

THE Whitefriars car park has retained a top award for its safety and maintenance.

The multi-storey site in Canterbury city centre passed its reassessment for Park Mark Award status.

It is presented to facilities which ensure visitors and tourists in the UK can park their vehicles in a safe area.

Police performed a risk assessment test on the site. These requirements mean the park-ing operator has put in place measures that help deter criminal activity and anti-social behaviour, thereby doing everything they can to prevent crime and reduce the fear of crime in their parking area.

Charity brought under umbrella of UK council

A LEADING Herne Bay charity has been accepted for full membership of the Joint Epilepsy Council.

Epilepsy Council.

Epilepsy Here, which has offices in Beach
Street, will now have a direct line to the
cross-parliamentary group responsible for
epilepsy policy in the UK.
The charity has members from Swale,
Canterbury, Thanet, Dover, Shepway and
Ashford districts, and aims to support all

those in the area with an interest in epilepsy.

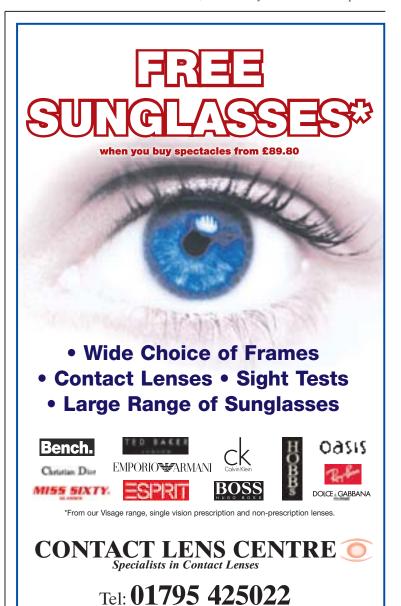
The group meets at Canterbury Umbrella Centre, St Peter's Place, Canterbury, on the first Tuesday of each month at 7.30pm.



A MEDIA student at Canterbury College has added a third dimension to the new multi-million pound campus – with his own virtual tour. And you can take a look at his handiwork for yourself by logging-on to our free, broadband TV website www.yourkenttv.co.uk.
As part of this two-year course, Petr Titera,

23, from the Czech Republic created an electronic tour of the new venue. Search 'college'.





Unit 37, The Forum Sittingbourne

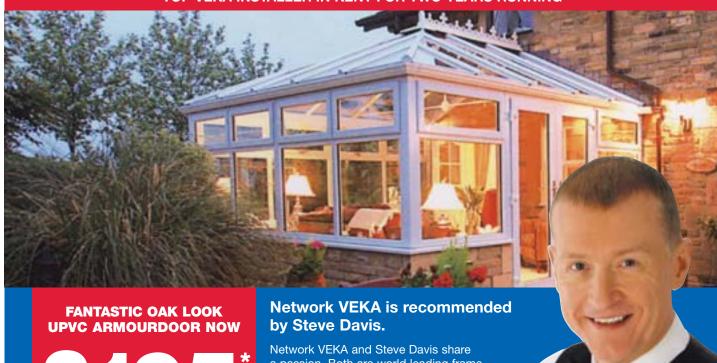
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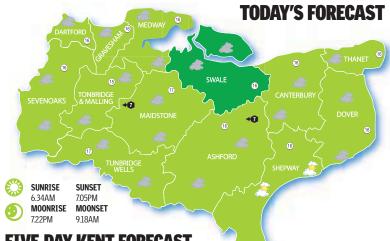


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MOONRI 7.22PM		ONSET Bam											
FIVE-DAY KENT FORECAST													
	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon		
Ashford	16°C	17°C	18°C	18°C	19°C	Gravesend	17°C	18°C	19°C	19°C	19°C		
Canterbury	16°C	16°C	17°C	17°C	18°C	Maidstone	16°C	17°C	19°C	19°C	20°C		
Chatham	16°C	17°C	18°C	18°C	17°C	Ramsgate	16°C	16°C	17°C	17°C	18°C		
Dartford	17°C	18°C	19°C	19°C	19°C	Rochester	16°C	17°C	18°C	18°C	17°C		
Dover	16°C	15°C	17°C	17°C	17°C	Sevenoaks	15°C	16°C	17°C	17°C	18°C		
Faversham	16°C	17°C	18°C	18°C	17°C	Sittingbourne	e 16°C	17°C	18°C	18°C	17°C		
Folkestone	16°C	15°C	17°C	17°C	17°C	Tonbridge	16°C	17°C	18°C	18°C	19°C		

Tun Wells

16°C | 17°C | 18°C | 18°C | 17°C

WEEKEND

Chatham	Saturday	3:19pm	6.3M
	Sunday	3:56pm	6.3m
Dover	Saturday	1:29pm	6.9m
	Sunday	2:06pm	6.8m
Dungeness	Saturday	1:36pm	8.3m
	Sunday	2:13pm	8.2m
Ramsgate	Saturday	1:59pm	5.3m
	Sunday	2:36pm	5.2m
Sheerness	Saturday	3:09pm	6.0m
	Sunday	3:46pm	5.9m
Whitstable	Saturday	3:07pm	5.5m
	Sunday	3:46pm	5.5m



AROUND THE WORLD YESTERDAY

Amsterdam	16°C	Madrid	26°C
Athens	29°C	New York	31°C
Barcelona	25°C	Paris	16°C
Beijing	27°C	Rome	23°C
Bombay	28°C	Sydney	26°C
Cape Town	15°C	Tenerife	26°C
Cardiff	15°C	Tokyo	26°C
Gibraltar	22°C	Vancouver	17°C
Hong Kong	33°C	Warsaw	12°C
Las Palmas	25°C	Wellington	15°C

New-build homes go on show to the public

PEOPLE have been invited to view a new housing development in a park setting during an open weekend.
Three of the new fully-furnished homes will be

on show at Allhallows Park near Rochester on Saturday and Sunday from 10am to 4pm.

Prices range from £119,950 for a single storey fully-furnished park home, to £165,000 for a luxurious house on the site.

The homes all boast two double bedrooms, stylish living areas, family bathroom and fit-

skylish living areas, jamily dathrooli and mi-ted kitchens including some major appliances. This new development from management company Britannia Parks is aimed at buyers of all ages, especially people who are at or approaching retirement and looking to live a traditional community.

Each home has its own garden and pets are

more than welcome. The well-cared for site has a total of 147 homes and has street lighting plus on-site management.

For more information call site managers Keith and Kate Lane on 07795 693714.

Club hopes more will opt to take the plunge

FAVERSHAM Swimming Club has launched a masters section to meet demand from adult swimmers as it builds on a successful summer in which it has regenerated a water polo squad.

The club's masters session, at Faversham Pools on Thursdays from 9pm to 10pm, is aimed at people over the age of 18.

Masters is lane swimming with a training programme for all abilities, from beginners to

intermediate and competitive swimmers.

A club spokesman said: "There are a lot of adult swimmers in the community who used to be competitive swimmers who would like to swim to a programme and we are trying to offer that niche.

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yourlocalinterview

QUESTION & ANSWER

JENNY RUTLAND



Tell us a bit about yourself

Well when I first entered into serious full time work, I decided to become a teacher. Once I qualified to become one I worked in many local schools until I gave it up to become a medical secretary. I enjoyed this job as it meant I could work in several areas around Canterbury, Margate and Ashford. After this I became the volunteer co-ordinator at the hospice.

When and why did you decide to become a volunteer co-ordinator at the hospice?

While I was still a medical secretary I covered a few shifts for a friend who worked at the hospice. When I had finished filling in for my friend, I unfortunately found out that I needed a shoulder replacement which meant I could not continue my work as a secretary. However, one of the staff at the hospice was leaving, meaning a new vacancy had just popped up so I decided to go for it.

Do you enjoy your job?

Yes, although it wasn't my first choice to become a co-ordinator at a hospice, I feel it has worked out well as I really do enjoy the job and I am always meeting and working with interesting people.

Mhat is a typical day like at the hospice?

Very busy! I have to arrange the shifts for the volunteer workers and confirm who will be coming in for the day, which can get confusing. Some of the patients travel in for day care, so I have to match each patient to the suitable driver and make sure the mini buses arrive on time to take patients back and forth.

Paperwork rotas need to be sorted and I will also interview any potential volunteers who come to us. My job can be demanding but it is worth it because of the people I work with and knowing that the job that I do helps others.

Tell us about the volunteers and their jobs

The volunteers at the hospice usually work in reception, meeting visitors, serving tea and coffee and collecting donations. Their job is give a warm welcome to patients and visitors and provide help where needed. There are other jobs available to volunteers. Anyone who does not want to work in the hospice can apply to be a cashier at the Pilgrims Hospice shop in the city centre.

Have you had many volunteers sign up this year?

There has been quite an increase in volunteers helping out at the hospice, at the moment there are 170 situated at the Canterbury site. Most of our volunteers are retired and tend to stay working at the hospice longer than young people who come in.

Do you think more young people should contribute to the hospice?

Although we get do get few students coming in to help out, they tend not to stay as permanent staff. For this reason we are targeting fundraising events towards the young age groups and hopefully gain more awareness along the way.

How do you feel the hospice supports patients and their families?

The staff are all welcoming and helpful to the patients. It can be difficult for families to visit loved ones here, but we try to accommodate for their needs and assure them that the patients are the highest priority. I think when you are working with good people in an environment such as this it means good work will be done. Many of the volunteers and staff here also take part in fundraising outside their normal duties which always helps.

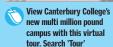
Do you take part in fundraising?

Yes I've been in many fund-raising events. I recently took part in the midnight walk, organised by the hospice where 600 women walked 10k to raise money for the treatment of patients.

Nerissa Blower talks to volunteer coordinator Jenny Rutland at the Pilgrims Hospice in London Road, Canterbury about work at the hospice and the people who give up their time to help out the residents









Bagpuss, The Clangers and Ivor the Engine, all thanks to Peter Firmin, meet him here. Search 'Bagpuss'



Det Søt Tristan Kluibenschadl following the sentencing of conmen builders. Search 'Roque'



McFly prepare for Days For **Heroes at the Detling Show** Ground on September 21. Search 'Heroes'



Swimmers train for a cross-Channel attempt. See them prepare for their 22 mile challenge. Search 'Channel'

EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

yourkenttv.co.uk

Who will be the queen of teens?

BY CHRIS MURPHY

A WAITRESS, two students and a pet shop worker are all vying for places in the final of a national teen modelling competition.

The four girls from Kent are in the fight to become Teen Queen UK 2009 after succes

ly passing through preliminary rounds.
They now need the public to vote for them so

they can advance to the next stage.
Nicole Harris, 19, from Queenborough on the Isle of Sheppey, Melissa Kimber, 17, from Ashford, Emily Martin, 18, from Gravesend, and Micha Kelly, 17, from Rainham, have beaten off hundreds of other hopefuls. Nicole, a student at the Mandy Ellen

Performing Arts College in Maidstone, said: "I need public votes to secure a place in the final,

so I am trying to drum up some support.
"This all started when I was selected as Miss Sheppey 2006. I then went on to win other titles like Court of Kent Princess 2007, UK Carnival Queen 2007 at Disneyland Resort Paris, Team England Miss Euroregion 2007, Miss Elegance at Miss Media Models 2008, 2nd Runner-up at Miss Teen Beauty Queen London 2008, and was a finalist at the Miss Teen Beauty Queen England last year. I would love to add Miss Teen Queen to my resume."

She added: "I enjoy entering these contests they also show that some of us are not out on the streets vandalising things."

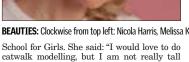
Melissa, who was a Miss Ashford Princess last year, works in PetSmart.
She said: "I want to be a model and I love

meeting people and being a representative, so I would love to win this contest.

Micha is a student at Chatham Grammar







enough for that.
"So I am looking to get into commercial modelling for products in magazines. I entered the Miss Teen Queen contest for some extra experience. I really am keen to learn all I can about the business.

Emily is a waitress and is studying childcare at college. She said: "I want to get in to modelling. I have relatives who are in the business and it looks like a brilliant life.





BEAUTIES: Clockwise from top left: Nicola Harris, Melissa Kimber, Micha Kelly and Emily Martin

"I want to do fashion modelling in particular. I am trying to be confident of going through to the next round - it's my dream to win because I think it will open some doors to a modelling

career. It will make me more confident too."

Director Lina Perrini said: "The UK finals are next summer, so all the Kent girls have

plenty of time to keep their fingers crossed."
• To vote for one of the girls, use a mobile to text her first and last name to 84205. Calls cost 60p plus standard network charge, and voters need to be over 18 and have the bill payer's permis



JACK: Jake Hendricks will be in the pantomime

Make a song and dance over audition

DANCERS can audition this weekend for a chance to perform alongside Hollyoaks star Jake Hendriks in a panto.

New World Productions is searching for male and female dancers to appear in the Christmas run of Jack and the Beanstalk at

the Hazlitt Theatre in Maidstone.

Mr Hendriks, also known as Father Kieron Hobbs from the popular teen soap Hollyoaks, will take the lead role as Jack.

Also in the production is Tom Swift, who will play Simple Simon and Michael Fenton Stevens, who plays Mr Griffith in BBC

show My Family, as Dame Trott.
Auditions will take place this Sunday at the Hazlitt Arts Centre in Earl Street, Maidstone. Dancers need to be available during the Christmas period as the show runs from November 29 to January 4.

The registration for eight to nine-year-olds will be at 10am, for ten to 11-year-olds will be at midday, for 12 to 13-year-olds will be 2pm, for 14 to 15-year-olds will be 4pm and dancers aged 16 and above need to sign

The auditions are expected to be popular, so anyone interested is advised to arrive before their registration time and be prepared to queue



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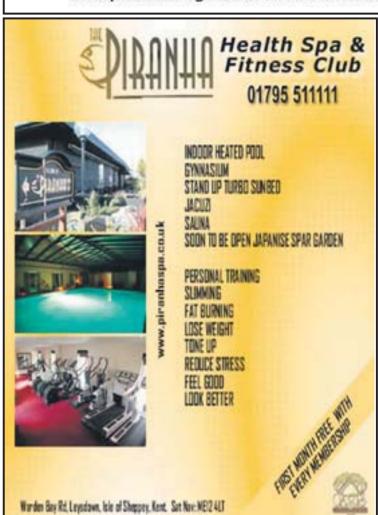
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Awards recognise those serving their community

BY NICK AMES

THE county's Chief Constable Michael Fuller, along with Ann Barnes, chair of the Kent Police Authority, honoured those who were making a difference in their communities as they hosted the Safer Kent Awards 2008 event on Friday.

Winners and runners-up from across the county were acknowledged for their work and were presented with a cheque for a community project of their choice.

Appreciate

Police Community Support Officers, Special Constables, Neighbourhood Watch volunteers and wardens were all recognised for making a real difference to neighbourhoods and improving the quality of life of local residents.

Nominations came from people who realised

Nominations came from people who realised the effect those working to assist others were having locally.

Ann Barnes, chair of the Kent Police Authority said: "This is all about saying thank you to people who work hard to improve lives of residents. Sometimes we have to take a step back and appreciate the work these people do



SALUTE: Chief Constable Michael Fuller, with KCC warden Malcolm Wells with and Ann Barnes, of Kent Police Authority

on a daily basis. There are people in addition to regular police officers that improve quality of life of residents and most importantly play a role in keeping neighbourhoods a safe place.

"In today's world we are all too often quick to

complain and judge, so I'm pleased the Police Authority can find a way to say thank you.

"It's fantastic to host an event like this. I would like to say thank you to all the companies that gave donations and our main sponsors."

WINNERS' LIST

 EAST KENT AND OVERALL WINNER: KCC warden Malcolm Wells has been in post since December 2004 and looks after Ringwould and Kingsdown villages. He is well known at local schools and virtes a regular column in the community newsletter.

A member of the Youth Offending Service obtained £7,000 funding for a new Kick Wall in the Kingsdown Recreation Ground to give young people something to do. He has recently taken on the appointment of chairman to the Kingsdown Village Hall committee.

• WEST KENT WINNERS: KCC warden Janet Greenroyd, 57, who looks after the villages of Sissinghurst, Benenden, Frittenden.

Janet set up a gardening scheme in Cranbrook in a bid to reduce the risk of elderly people becoming victims of bogus callers. She has also played a key role in setting up a 'walking bus' scheme in Benenden.

KCC warden Chris Lomax has looked after Staplehurst for the last three years. Instrumental in reopening the local youth club he has helped secure funding for the Staplehurst Arts Festival.

SOUTH KENT WINNER: Neighbourhood Watch
voluntoor David Alford for his work, in Lydd

volunteer David Alford for his work in Lydd. He acts as company secretary for the Kent County Neighbourhood Watch Association and is a principle fundraiser.

He was instrumental in producing a Kent Police Services Level Agreement, ensuring a future partnership between Neighbourhood Watch and Kent Police – the first agreement of its kind in the country.

• MEDWAY WINNER: Special Constable Paul Butler has been in the role for the last eight and a half years

Special Constables are expected to dedicate 16 hours a month of their own time – unpaid. But Paul is clocking up an exceptional average of 80 – 100 hours a month – all in his own time and on top of his day job as a Kent Highways street lighting engineer.

Thrills, spills and top music as Days for Heroes raises important funds

CHART sensations Girls Aloud and comedian Peter Kay will send special video messages to support this weekend's Days for Heroes event at the County Showground in Detling.

Topping the bill at the event are chart-toppers McFly with 80s solo star Nik Kershaw also on the bill.

The Red Arrows are scheduled to fly overhead during the concert on Sunday, September 21.

The event has been set up to raise money for and awareness of the plight injured servicemen and women face on their return from active service.

Also making an appearance will be double Olympic gold-winning athlete Dame Kelly Holmes, Extras and EastEnders star Shaun Williamson, comedian Peter Kay, and TV presenter and ex-Bucks Fizz singer Cheryl Baker.

Jeff Silbar, co-writer of the ballad Wind Beneath My Wings, will be making a special appearance to give a moving performance of the song with soul diva Jocelyn Brown.

The ballad holds particular importance with Help for Heroes as its chorus "Did you ever know that you're my hero" has become an anthem for the charity.

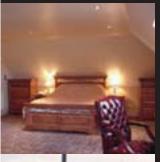
Music gets underway at 3pm with McFly ending the show with a 100minute set at 8.40pm.

There will also be a host of attractions for those attending, with traditional rides for those with younger children, and a funfair sporting more than 20 free rides including the 'reverse bungee power shot' for adrenaline junkies.

All the music, funfair rides and the military attractions are included in the £25 ticket price or £14 for children.

Visit www.daysforheroes.com to see full listings and buy advance tickets

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yourswaleschools



Praise for service

A SITTINGBOURNE headteacher has praised the work of Kent County Council's outgoing head of education and children's services, who is retiring after seven years in the role.

who is retiring after seven years in the role.

Alan Barham, head of Sittingbourne Community College, said Graham Badman's time as director of children, families and education had produced "a transformation of standards" and his influence would be missed.

Mr Badman will leave his post at the end of November after a career spanning more than 40 years as a teacher, headteacher, inspector and chief education officer.

He is credited with helping make Kent's results among the best in the country, improving relationships with and between schools,

BREAK TIME

and introducing new safeguards for children's safety through the Kent Children's Trust.

Mr Barham, who is also chair of the Secondary Forum, said: "Graham has been both an inspirational and transformational leader for education and young people.
"In Kent this vision and



BYE: Graham Badman

"In Kent this vision and leadership has produced a transformation of standards in schools in terms of educational outcomes, buildings, facilities and extended opportunities for young people."

Dedication pays off for students

BY JAMES ALEXANDRE

BORDEN Grammar School held its annual prize giving ceremony last week to recognise pupils' individual achievements during the past academic year.

The event, held at the Wyvern Hall in Swallows Leisure Centre, featured a special appearance by Olympic medallist Ian Wynne, who competed at the 2004 Athens games.

The canoeist, who won bronze in the men's

The canoeist, who won bronze in the men's 500m kayak despite an ankle injury, gave out the prizes and spoke about the importance of inspiration and overcoming obstacles.

Among the awards given out last Thursday night were those for achievement, progress, governors' awards, subject prizes and leavers' scholarships. Special prizes by outside donors and commendations by departments for significant progress and improvement were also handed out.

Some of those recognised in individual subjects included head boy Ranjit Atwal, now studying medicine and Spanish at University College London, who received the J P Wyver prize for biological sciences.

Christopher Self came away with the year

Christopher Self came away with the year 13 prize for further mathematics, the Peter Marsh prize for computing and the J T Macrae prize for physics. Matthew Rayner won the A J Cassell prize

Matthew Rayner won the A J Cassell prize for economics, the G E Hardy prize for mathematics and the year 13 prize for history.

ematics and the year 13 prize for history.
Shaun May was awarded the Nat West Bank prize for French and the year prize for Spanish.
James Sargeant was handed the M

James Sargeant was handed the M Seymour prize for design technology, Peter Seabrook the WA Auden prize for English,



WINNERS: From left, Robert Kennett, Ryan O'Mallan, James Bonney, Christopher Jacobs, Felix Southern, Sam Evans, Jack Ithell and Joseph El-Khamlichi

James Dempster the GR Hill prize for geography and Charles Boyle the Vivien Hughes award for music.

Patrick Hall was given the governor's prize for art, while Christopher Foster received the year prize for both business and religious studies.

Thomas Payne, who was among those who received a governors' leavers' scholarship and award, was granted a place to study engineering at Wadham College, Oxford.

Other awards included Jamie Trace for film studies, Christopher Wood for chemistry, Dean Brown for sociology and David Brimer for sports studies.

In year 11 Robert Kennett received awards for chemistry, maths, physics and French together with the prize for best GCSE results. Christopher Jacobs was recognised for geography and also received the Canterbury Christ Church prize for most overall progress at GCSE level.

Deputy headteacher Laurel Townend said it was "a lovely occasion in which to celebrate the outstanding achievements of the school".

SEND your schools news and pictures to you can also upload your own video clips of schools events on to www.yourkenttv.co.uk



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yourswaleblogger

Each week we get a mystery writer to air their views on living in Swale...

I can tell you what the end of the world really feels like, kid

I'M NOT entirely sure I really grasped what the scientists in Switzerland were trying to achieve last week as they attempted to recreate the Big Bang.

What's more, I'm not sure I fully understand how smashing atoms together could result, some years down the line, in a cure for cancer and reveal how the universe was created.

I fear my brain is simply too small to take in the required information, digest the staggering scale and process all the hypotheses and assumptions that have to be made to fully grasp it all.

However, what I do know for sure is that whoever put out the suggestion it was somehow going to spark the end of the world needs some atoms fired at speed at their head.

I'm sure they were absolutely delighted with all the news coverage and column inches they gathered. But at what price? A teacher friend of mine said she was

A teacher friend of mine said she was swamped by worried youngsters at a local secondary school when she arrived – all fearing their school day, and indeed every day, was about to be extinguished for ever as a result of some bizarre experiment which would create a black hole and suck us all into oblivion.

It seems daft, but it's easy to forget that when these views are given such prominence on all the news channels the young and impressionable believe what they are being told and, quite naturally, get anxious.

My daughter reported having children in tears in her class in the morning and a general mood of doom and gloom. This was supposed to be a glorious moment when the greatest brains of our time unite to dazzle and potentially unearth some of the universe's deepest, darkest secrets. Instead there was a real edge of fear to the proceedings.

of fear to the proceedings.

The joke, of course, will be if this massive – horrendously expensive – experiment not only delivers nothing of any great significance, but actually disproves the likes of Stephen Hawking and all their clever assertions of how life and the universe works. The size of humble pie portions having to be eaten will make

humble pie producers millionaires overnight.

But the youngsters' concerns reminded me of what it was like growing up in the Eighties, during the Cold War, when nuclear annihilation was a very real threat.

tion was a very real threat.

I can still recall hearing the testing of the air-raid warning siren as I sat in class at school and everyone – teacher included – looking extremely uncomfortable.

They were scary times. When they tested those sirens, it really could put the fear of God into you. Perhaps they did it for a laugh.

into you. Perhaps they did it for a laugh.

The fact I can remember this deep feeling of dread and doom almost 25 years on suggests the scars of fearing for your life – however daft it may seem to adults – can last a lifetime.

Mind you, if children's biggest influence from

Mind you, if children's biggest influence from last week's events is an interest in science and a reminder not to believe everything daft people say or swallow the hype, an important lesson in life has been learned.

EDITOR'S NOTE: All bloggers are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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LET US KNOW...

If there is a story in your area you think we should be covering contact the editor, Chris Britcher, on 01303 817171 or email him on the details above. If you want to be the next Swale blogger then all you have to do is submit an article to us (of around 550 words) and email it to the editor. And don't forget, for all the latest news and video from your town log-on to

www.yourswale.co.uk.

Write to The Editor, Yourswale, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

We cannot quarantee all articles will be published and all are at the editor's discretion

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Annual General Meeting

On Wednesday 24th September 2008 12 noon – 2pm

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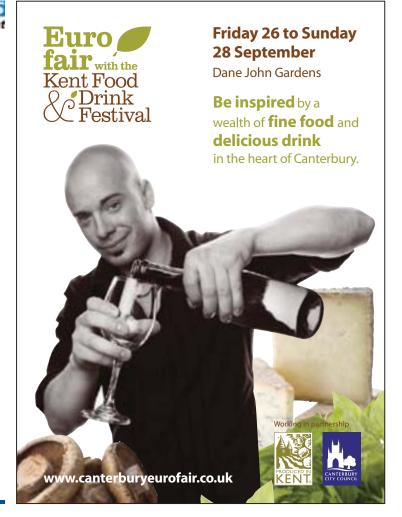
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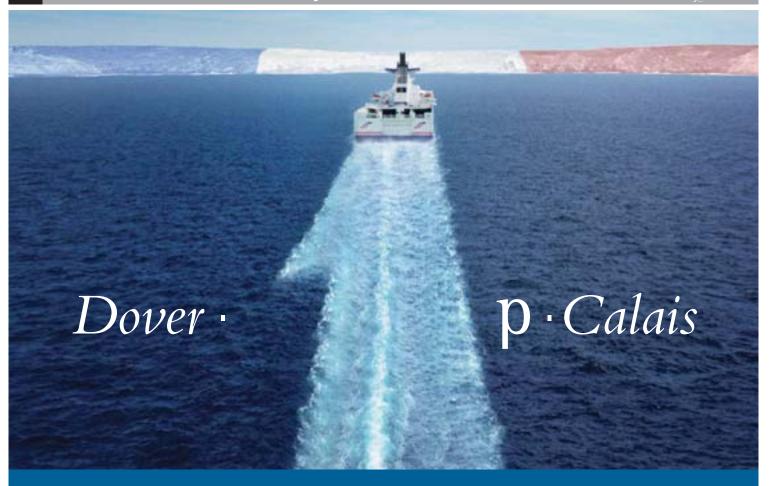
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yourcompetition

a kid's gardening set with Timotei

TO celebrate the change of seasons, we have teamed up with Timotei to offer one lucky reader the chance to win a gardening set for your little ones to enjoy.

Timotei is the original nature-inspired hair-care brand, and the gardening set will help your child to reconnect with nature. We also have two runners up prizes consisting of the Timotei range to giveaway.

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apron. You'll also receive a pair of wellingtons for all the family* — perfect for kicking leaves around and splashing in puddles.

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also giving away its complete range of five shampoo and conditioners which contain herb, plant and fruit extracts to nourish and care for every type of hair. This also includes new Timotei Softening Oat Milk & Peach.

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entry.
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HOLIDAYS & DAY TRIPS

DAY TRIPS

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Hairspray – The Musical	2 Oct	£62
Chartwell	8 Oct	£28
Audley End House & Gardens	9 Oct	£29
Ham House & Garden	14 Oct	£28
Surrey Hills Autumn Tints	15 Oct	£22
London Eye, Carvery & River Cruise	19 Oct §	£59
Cambridge or Duxford Air Museum	23 Oct	£23
Disney on Ice – Finding Nemo	25 Oct	£49
London Zoo	25 Oct	£29
Bruges or Sluis	26 Oct §	£30
Chessington – Halloween – Hocus Pocus	26 Oct	£35
Lille & Euralille	28 Oct	£30
London Museums	29 Oct	£15
Thorpe Park Halloween Fright Night!	31 Oct	£39
Ghent By Tunnel – Monday Special	3 Nov	£25
Ypres Battlefield Tour & Last Post	7 Nov	£39
Lakeside or Romford Market	8 & 22 No	v £17
London Showtime - Choice of shows	15 Nov	fr £47
Bruges By Tunnel – Monday Special	17 Nov	£25
Christmas at Blenheim Palace	22 Nov	£35
Classical Spectacular-Royal Albert Hall & Lunc	h 23 Nov	£83
Bruges at Christmas – by Tunnel	30 Nov & 7	Dec § £30
Cite Europe Christmas Shopper	2 & 9 Dec	£19
Dickensian Market-Rochester	6 Dec	£17
Lille at Christmas	6 & 7 Dec	§ £30
Hever Castle at Christmas	11 Dec	£26
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TALK TIME

STEFAN COLLER

Co-partner of the Orange Street Music Club, discusses the venue, its history and its music policy.



How did you first get involved with Orange Street Music Club?

Three years ago I decided to open up the music club with my partner, Adam, as we had worked together for years and were looking for a new and exciting business to set up.

Does Orange just host musical acts?

No, the music club hosts lots of entertainment; comedy, films and poetry. This year we also organised the Summer of Jazz Festival which was held in early August around Canterbury.

What is the most popular musical genre at Orange Street?

Orange Street?
There are so many bands and acts that play here, so we have a mixture of jazz, blues, indie, folk, alternative pop and psychedelic rock. Any type of musical style is welcome. Progressive rock is still a popular genre after the Canterbury scene of the 1970s, and we hope to revive the spirit of such movements in our club.

Have you had any famous artists play here? We've have loads of famous acts here including Stan Tracey, who is considered the godfather of jazz, Duncan McIntyre the former member of Primal Scream and Christine Tobin who won the BBC Jazz Festival 2008.

Do you have many regular performers? It is hard to keep count seeing as we have had

more than 200 acts play here. A few of the most popular regulars are Syd Arthur and Amber Room.

What are the audiences like?

A lot of university students come to the club, but because the music is such a range of styles, people of all age groups come to watch the shows.

YOUR LETTERS

We need signs to advertise the area

The area around Faversham Creek has to be one of the most underused attractive parts of the

There are a number of nice pubs and an excellent restaurant but how about a little signage to let people know what is on offer there?

Many towns in the county make a great play of their historic areas and the heritage sites they have for people to visit. Why can we not do the same?

Mike Harrison



Farmers' prompt action is excellent

Farmers are a pretty unpopular breed and are often maligned as slowing down traffic on country roads, causing dark mornings through the clocks going back in winter and as never happy with

So it was heartening to read in

yourswale.co.uk Get set for Operation Stack hell over coming

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Beneath most stories on the www.yourswale.co.uk website there is the facility to leave your comments on whatever YOU thought of the online article.

To leave your remarks, simply click on the 'Add your comments' link and tell us what you think. And remember, www.yourswale.co.uk is updated daily, bringing you the latest, breaking news from across Faversham as well

We will include the best on these pages too - ensuring your comments reach the widest possible audience.

In addition, if you find your newsagent, supermarket or petrol station runs out of Yourcanterbury before you've picked up your copy, you never

On www.yourswale.co.uk you can access, for free, the full newspaper in our highly acclaimed e-editions.

last week's paper about their decisive action in stopping the spread of the Bluetongue virus – by getting their acts together to vaccinate their sheep and cows.

Last year we were forever hearing about what a threat Bluetongue was - then it all went away, as so many of these scare stories do.

But rather than the alert just vanishing into thin air it seems that it was prompt action by the farmers which halted the problem.

Next time I find myself stuck following a tractor doing 20mph through my village I will try to remember Bluetongue and stop cursing them so much.

Jess Stone,



We need action, not more meetings

Public meetings being held to help the area are a waste of time according to your story last week. Well, I agree. What's the point

of these gatherings? All that happens is the same sort of people start wittering on and on

about their private obsessions.

If you need a true voice in the community you will get people banding together to make things happen. That is what democracy is about – direct action.

Mike Slater

Island is good for more than convicts

Good to see a proposed expansion to prison facilities on Sheppey has been postponed. Is that all





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For information and advice on travelling in Kent and for all our traffic regulation orders, please see the Saturday Observer or the Kent on Sunday or visit our website at www.kent.gov.uk/highways the people who have power think the area is good for? What about some sort of leisure or retail development? We want tourists on our island - not more prisoners.

Roger Hampton, from Sheerness, by email.



Boys aren't exactly rousing musicians

Good for pop group McFly in their efforts to raise funds for soldiers and other service personnel. But it's hardly good for credibility is it?

I mean US troops in Vietnam went into battle with Hendrix on their tape players, Springsteen raises money for US veterans and The Clash went on about every war

Britain ever fought.
I don't think McFly would scare the enemy like a short burst of Wagner did in Apocalypse Now.

Our soldiers deserve some decent acts

you reported on last week was hardly star-studded was it?

McFly will only appeal to teenagers, while Nik Kershaw's fanbase today must be able to be counted on one hand.

The rest of the line-up seemed to be just some uninspiring tribute acts. Surely our brave lads and lassies fighting for our country deserve a better line-up?

Charity aims to help you eat healthily

To coincide with British Food Fortnight, I am writing to let your readers know that World Cancer Research Fund (WCRF) has healthy

recipes for traditional meals.
WCRF has developed a traditional
British meals cookbook to promote cancer prevention and encourage people to eat local produce.

The charity has turned your favourite comfort foods into a feast without guilt. If you want to bring these healthy ideas to your dinner table, call 020 73434205. The first ten people to call will get a free copy.

Straight from our cookbook, I have some simple tips to make traditional dishes healthier. For tasty chips, swap white potatoes for sweet potatoes, which are packed with beta-carotene. Research has shown foods containing beta-carotene probably protect against oesophageal cancer.

Because food absorbs fat through the surface, you lower the amount of fat in your chips if you cut them

to eat more than you need. If that happens, you gain weight. There is scientific evidence body fat is a cause of six types of cancer, including bowel cancer and post menopausal breast cancer.

Vegetable cumberland pie is a tasty alternative to meat pie. Research shows that eating a diet rich in plant foods including wholegrains, fruits and vegetables probably reduces cancer risk. Eating too much red meat increases risk of bowel cancer – WCRF advises not more than 500g each week. Recipes are at www.wcrf-uk.org

Lisa Cooney, head of education for World Cancer Research Fund, by email.

Drug industry must stop unethical action

National campaign group Animal Aid is calling on the Government to crack down on drug industry practices that put profits first

In a major new report, entitled Making a Killing: How drug company greed harms people and animals, we expose a catalogue of unethical practices – beginning with misleading animal tests – that are designed to drive up drug sales, which already cost the NHS £1

billion per year. Health also suffers: in 2006, a million people were hospitalised in Britain due to adverse drug reactions. Animal Aid believes Big Pharma' must be reined in so it serves the public as well as itself.

For a free copy of the report contact us on 01732 364546 or visit www.animalaid.org.uk





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Judge, Dick Pascoe, Kent County Council

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Have you ever watched The Dragon's Den where a simple but brilliant idea is presented and you sit there watching thinking "I wish I'd thought of that or could at least be part of it?"

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If you would like to share in the secrets of our tried and tested formula which has set our business apart, then you'll probably already have the entrepreneurial spirit that it takes to become a business owner/partner with Miles & Barr. If you are prepared to put hard work, commitment and investment behind your ability and have the vision to see what a great opportunity this is, then you could be one of the partner's we are looking for. Whether you come from an estate agency background or not, you will need to come with an open mind and without any preconceived ideas.

We believe that the old estate agency format is dying and that once you have seen our successful formula, you to will have your own eureka moment, just like those entrepreneurs in The Dragon's Den.

If you are interested in finding out more about this life changing concept please contact Miranda Mallery on **01843 572582** or email **franchise@milesandbarr.co.uk**

www.milesandbarr.co.uk/franchise



yourlocal health & beauty guide

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City style: village prices

TOP salon Thatch was created 19 years ago in Boughton-under-Blean close to Faversham, and is recognised far and wide as a stylish and unique village hairdressing salon.

Customers come from across Kent to take advantage of the professional and courteous staff, who can tailor their expertise to clients' requests. Staff are expressly trained to be customer-focussed in order to get the very best out of a hair style.

City centre styling is offered at village prices by the friendly salon where a dedicated team offer a highly professional service.

Weddings are especially catered for and

All kinds of colouring is offered from high and low lights to whole head tinting. Anne Webster, who owns the salon, said: "The manageress, Kate, has worked along-

side me for 19 years. Debbie is a stylist who is first class at wedding styles and finally our trainee Sophie plays an important role in the

day-to-day running of the salon.

"We will take on any task – the most unusual one I have ever had was to shave a woman's hair off for a charity event.

"It is a great location for us as well. Boughton is a lovely village and the people are very friendly. Our well trained and dedicated staff are focussed on their jobs as well as what the customer requires.'



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Therapy helps you to quit

■ Canterbury Skin and Laser Clinic

THE Clinic has introduced a new treatment to help smokers cut out the addictive habit.

Dr Alice Hudson-Peacock runs the centre along with beauty therapist who provides a full range of treatments.

These include any problems people have with their skin.

The smoking therapy is one of the latest to be offered and it mimics acupuncture treatment.

The specialists understand that many people would like to give up smoking – but achieving their goal is a difficult objective.

Dr Hudson-Peacock said: "We are delighted to introduce Nicolite to the clinic. It is a revolutionary low-powered laser which is clinically proven to help stop smoking.



"The low level laser light is absorbed into the body and stimulates the release of endorphins, the body's natural pain killers. "It effectively replicates the effect nicotine has on the body

In a recent trial 70 per cent of people treated with the laser stopped smoking and it is considered to be up to six times more effective than nicotine patches when it comes to people stopping smoking.

"Obviously you need the will power but it should take just two sessions 24 hours apart to quite smoking. However people should think about keeping another session in reserve," said Dr Hudson-Peacock.

The clinic has also just added a laser system which can be used for hair and tattoo removal as well as the eradication of ageing spots.

The device can also tackle loose skin around the jowels and neck as well as acne, scars and wrin-

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TOP TIPS

Think Slim N Trim

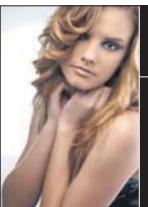
Eating salads is not the way to healthy weight management. They provide little energy and no protein. Eat colourful veg instead. Always start your plan with a positive mental attitude, as your mind is the greatest influence to your success

Canterbury Skin and Laser

On average, an amateur home-made tattoo may respond to 1-2 treatments, professional tattoos may require 6 or more treatments. The number of treatments depends on the amount and type of ink used and the depth of the ink in the skin.

Thatch

Always try to use colourcare shampoo and conditioner on coloured hair especially in the summer sun when the hair can fade. When using hair straighteners always use a heat defence spray and trim hair regularly.



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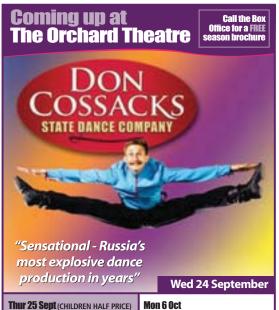
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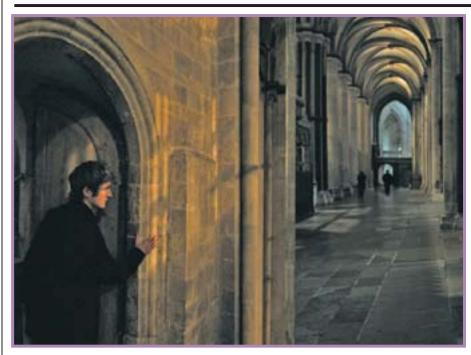
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RELEVANT: The play, Dallas Sweetman, was commissioned and written specifically for the cathedral setting where it will be performed

Life is sweet in the nave

Dramatic setting for new Festival play

A HISTORIC event in theatre will be taking place at Canterbury Cathedral's Nave next week with the staging of a new play, Dallas Sweetman.

The play will make its world premiere in the stunning setting, the result of a unique collaboration and a desire to revive a cherished old tradition. Canterbury Cathedral and Canterbury Festival commissioned the piece with London-based theatre company Paines Plough, resulting in this new play by acclaimed Irish writer Sebastian Barry.

Back in the late 1920s the Friends of the Cathedral started the Canterbury Festival to host an annual series of plays by leading playwrights of the time. TS Eliot's famous Murder in the Cathedral was premiered in the Chapter House in 1935 and remains the benchmark for these productions. It is hoped that the new play for 2008 will breathe new life into that tradition, while making its own mark on 21st century theatre.

The process began when the Dean & Chapter approached the organisers of Canterbury Festival with the idea to produce a new play in 2006. After a lot of research a partnership was formed with Paines Plough, a theatre company specialising in the commissioning and development of new writing. With the company on board, the hunt was on to find someone who could write a very special play. Organisers were looking for a story that could have relevance to the cathedral setting but also captivate a contemporary audience.

Relation

Drawing on his own ancestry for inspiration, Sebastian Barry has created a tale about love and death, desolation, jealousy and miraculous events. Dallas Sweetman is based on a distant relation of Barry's and sees the titular character arriving at Canterbury Cathedral on a pilgrimage in the early 1600s. In a time when Catholicism and Protestantism divided loyalties, Dallas pours out his tale to the audience – his judges' – in the hope of justifying his actions. But can his story of pirates, kidnap and

drama be believed and can he be for-

Since writing the play, Barry has been short-listed for the prestigious Man Booker Prize for Fiction for his latest novel The Secret Scripture.

A series of special talks will allow audience members to gain a fascinating insight into how the production has been created. There will be a chance to hear Barry talk about his work, as well as the director, cast, music composer and designers. The talks are free for ticket holders and will mostly be held in The International Study Centre in the Cathedral Precincts. Full details are at www.canterburyfestival.co.uk.

Tickets are priced from £12 to £20 and can be booked by calling the festival box office on 01227 378188 or visiting www.canterburyfestival.co. uk. Listings for Canterbury Festival, which runs from October 11 to 25, can also be found on the website.

DALLAS SWEETMAN

Wednesday to Sunday, September 24-28 Canterbury Cathedral





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JOIN the celebrity trend by snapping up one of Keith Brymer Jones' punk-

inspired ceramic pieces.

Work by the Whitstable potter has been sold all around the world and customers have included Hollywood stars such as Brad Pitt and Jennifer Aniston. Now visitors to the Marlowe Theatre in Canterbury can see his new exhibition Surprise Me, for which he has teamed up with another local artist Sadie Hennessey (pictured). Both artists were heavily

involved in the punk scene and each limited edition ceramic piece, made by Brymer Jones, is pierced by a safety pin and adorned with a punk-inspired phrase. Hennessey came up with the sentences, such as



'Smells Like Tea Spirit' and God Save The Cream' and other cleverly-altered song titles from the likes of The Sex Pistols, The Clash, The Prodigy and Ian Dury & the Blockheads.

The exhibition is running in the Marlowe café bar throughout September and the works are for sale, with prices ranging from 50p for a postcard to £50 for a large

It's bedtime and the Bus

Driver wants Pigeon to go to

bed, so do all his friends. But

the question is, will you let him stay up late?

In the sequel to Don't Let the Pigeon Drive the Bus! the audience is implored to Don't Let the Pigeon Stay Up Late! Children aged three and above are invited to enjoy Big Wooden Horse's latest show with all its

laughter, original music and

audience participation.

Caldecott Honour-winning author Mo Willems won six Emmy Awards for his work on Sesame Street and is the creator of Cartoon Network's hit shows, Sheep in the Big City and Codename: Kids Next Door.

The 50-minute performances start at 11am and 2pm. Tickets cost £7 each or £30 for five people.

There will be a chance to make bird costumes in the

Animate Arts drop-in workshop, running from 10am to

2pm.
Workshop tickets cost £3 for children and they must be accompanied by an adult, for whom admission is free.

Book at www.gulbenkian theatre.co.uk or call the box office on 01227 769075.

DON'T LET THE PIGEON STAY UP LATE!

Saturday, September 27 Gulbenkian Theatre, Canterbury

THE pesky pigeon returns to Canterbury in an exciting new show full of fun and feathers.



JANE WEBSTER

Sunday, September 28 Marlowe Theatre Café Bar, Canterbury

JOIN singer Jane Webster on a magical musical journey From Bizet to Bernstein

The acclaimed mezzo-soprano is bringing her one-woman show to Canterbury, providing a fitting finale to the series of Friends of the Marlowe productions before the theatre Nicholas Bosworth on piano, Webster will perform favourite melodies from the opera to Broadway and beyond. The programme features music for every taste, including works by Bodgers, & Hearmanthia, Largue Korn. by Rodgers & Hammerstein, Jerome Kern, Cole Porter, Puccini and many more.

Webster is currently appearing in The Sound of Music at the London Palladium, sometimes performing as The Mother Abbess, and her career has spanned music hall, opera and West End musicals. After delighting the audience in The Great American Songbook this spring, she is making a welcome return to the Marlowe.

Bosworth is much in demand for live work, alongside a busy recording career. He will be the senior coach for Carmen at Glynd-

ebourne this autumn.

The show is sponsored by Pharon Independent Financial Advisers. Tickets cost £12 including a glass of wine, concessions available. To book call 01227 787787.



SWALE LEISURE

Take a long walk down art centre's exhibition

THE work of artist Jackie Winter is cur-

rently on public display at a gallery in Teynham.

Her pieces can be seen in The Long Room at the Polka Dot Art Centre in London Road until Sunday, September 28. There are also figurative works by

Swale-based artists on display in the centre's other gallery, The Front Room.

Opening times are 10am to 5pm on Saturdays and 10am to 2pm on Sundays. To find out more call 01795 521167 or visit www.polkadotac.co.uk.

New Orleans comes to town with jazz player

WORLD-RENOWNED jazz musician Sammy Rimington will be performing in Faversham this weekend.

One of the biggest names in traditional New Orleans jazz is bringing his band to the town to give a free concert, with the aim of raising money for the Mayor's

Music fans should not miss this chance

to see a star in action.

The gig will be held in Market Square from 11am to 1pm on Saturday. Admis-

Band on a mission to play their brass music

FANS of brass band music can enjoy a quality performance of popular tunes in Faversham tomorrow. Faversham Mission Brass will be per-

forming at the Alexander Centre in Preston Street, starting at 7.30pm. Tickets cost £4/£3.50 on the door. For more about the band's history, members and other engagements, see www.faver shammissionbrass btik com

Pop into The Farmhouse for the best in lounging

SUCCESSFUL local festival Lounge on the Farm has opened its new permanent residence in Canterbury.
The Farmhouse in Dover Street aims to

provide great musical entertainment in the form of both big names and Kent talent, along with quirky local drinks. Patrons can also enjoy seasonal, locally sourced food when the restaurant opens.

DJ Andy Smith will be at The Farmhouse on Friday. Find out more at www.loungeonthefarm.co.uk

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WOOLWORTHS is offering free collector edition marbles with the upcoming DVD and Blu-Ray releases of a host of blockbuster movies.

For customers pre-ordering the flicks, they can pick up a set of four special mar-bles themed to the movie in question in a special display case.

The movies are Iron Man, Indiana

Jones and Kung Fu Panda. Pop into your store to find out more or see www.wool

Buy a book and take home another for free

POPULAR high street chain WHSmith is offering book worms the chance to snap up a bargain.

The store is offering a buy one get one free promotion on hundreds of paper-

Books by the likes of Ian Rankin, Liz bmith, Maeve Binchy, Michael Moore Smith, Maeve Binchy, Michael Moore and Belinda Jones are included as part of the special limited time deal. For more information visit the store or see www.

Mull over a great deal on case loads of wine

TESCO is looking to warm up its customers with its autumn wine festival.

Running throughout its stores, the range will include dozens of white and red wines all at heavily reduced prices

Among the bargains is a case of six Vina Albali Rosado Tempranillo rose bottles at just £17.04; which works out at around £2.84 a bottle. Many other case deals are also in place.

Details can be found in store or at www.

Research pays off with the dunkable cookie

TEA drinkers can now dunk their cookie into their mug without the fear of only half coming back out.

Inspired by comedian Peter Kay and following nine months of research, Asda has introduced the dunkable cookie. With a combination of oats and honey, the cookie bonds together, preventing it from crumbling. The dunkable cookie is even rectangular so it's the perfect shape for dunking into a mug.
Asda's Dunkin' Cookies will be priced

at 78p for a pack of four.

Sir Bobby shares story of his England years

FOOTBALL legend Sir Bobby Charlton will be signing copies of his autobiogra-phy My England Years at Bluewater on Friday.

The usually private Sir Bobby Charlton talks in detail about his 22 years playing for the national team, plus the highs and lows of his career. This new autobiography is a follow-up to the ex-Manchester United and England star's bestselling My Manchester United Years. Sir Bobby will be at Waterstone's from

12.30pm. My England Years is published by Headline and is priced at £20. For details call the store on 01322 624831.

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YOUR TV REVIEW

THE RESTAURANT BBC Two, 8pm Thursday WHO DO YOU THINK YOU ARE? BBC One, 9pm, Wednesday

BY TOM BETTS

"LIFE is what happens when you are making other plans," was one of John Lennon's more astute observations.

I'm not sure what the producers of the BBC's latest reality snooze-fest have been getting up to, but I'm guess-ing it must be a fair bit, as they clearly haven't been paying much attention to the lazy format of The Restaurant. Teams of would-be restauranteurs

sizzle and boil their way to an inevitable culinary disaster in the hope of impressing those in the know. The prize for staying the course and

avoiding (yawn) elimination? The prospect of going into business with world-famous Raymond Blanc and earning a shed-load of dosh.

Well, at least one of those has an

While a few will be asking "who will win the partnership with the top Michelin-starred chef?", you get the feeling that 99.9 per cent of the viewing public will be asking, "who friently account."

friggin' cares?"
The major problem with this whole sorry affair is that it's more or less a re-hash of The Apprentice; only with

re-hash of The Apprentice; only with food and less charming contestants. After a balls-up of Titanic propor-tions at one hapless pair's eatery, one host remarked, "I don't want to argue with you, I just want to negotiate to your satisfaction," over payment for a less than perfect med less than perfect meal.

He was, understandably, met with a stony silence and lasting glare. Mind you, if there's been a cheekier



KITCHEN NIGHTMARES: Chef Raymond Blanc (above) decides on who stays in The Restaurant

request on TV this year, I'll be jiggered if I've heard it.

More terrifying than the thought of paying for a meal at one of these sub-Beefeater holes is the prospect of

weeks of this diabolical drivel.

It's not all bad news on the BBC though as Who Do You Think You Are?

show that rarely fails to make celebrities cry obviously has some

Whether it's hard as nails TV presenter Jeremey Paxman shedding a tear at the fate of his long losts or actress Patsy Kensit shocked to find out one of her brood was a thief, this show has done for genealogy what skimpy gold hotpants did for Kylie Minogue's bottom.

As good an hour of TV as this is though, the endless shots of the featured personality staring pensively into the distance are beginning to grate, even if they have just found out their great, great granddad was a serial killer.

YOUR WEEK'S HOROSCOPE



AQUARIUS (Jan 21-Feb 19) IT may be time to put an end to a deal that has

been haemorrhaging money. You've got to know when to cut your losses. A strong willed friend may try to convince you to stick with this investment, but that's because it's in their best interest

. To find out more about what the stars have in

TAURUS (Apr 21-May 21) BREAKING away from a group is painful, but necessary. Staying with the organ-isation is starting to drain your emotional and financial resources Contrary to what you might think, you can make it on your own. You're a lot more imaginative than people seem to think

 To find out more about what the stars have in store call Russell on Taurus 09067-531753

LEO (Jul 24-Aug 23) AN argument could prompt you to pack up and leave, but don't be hasty. By sticking around and trying to work things out you'll salvage a good relationship. It's hard for you to take a back seat to anybody. Until you learn this valuable skill,

all of your partnerships will suffer.
• To find out more about what the stars have in store call Russell on Leo 09067-531756

SCORPIO (Oct 24-Nov 22) IT'S time to scale back your own private leisure activities and attend to other obligations. People are relying on you to help them through a difficult situation. Although you resent having to rethink your plans, you must admit that it's nice to be needed. Trust your intuition.

• To find out more about what the stars have in store call Russell on Scorpio 09067-531759

PISCES (Feb 20-Mar 20) STOP trying to call the shots in a relationship. If you're going to maintain an ami-

cable partnership, you need to ease up on the control freakery. The important thing is to show you can take orders as well as give them. Don't beat yourself up about it; we all have our moments.

. To find out more about what the stars have in store call Russell on Pisces 09067-531763

GEMINI (May 22-Jun 22) YOU may be forced to make changes for the sake of work. Finding another position may not be as difficult as you think. Going back to school or getting an advanced degree could put you on a much more fulfilling career path. Luckily, you've always been a quick learner.

 To find out more about what the stars have in store call Russell on Gemini 09067-531754

VIRGO (Aug 24-Sep 23) THIS isn't a good week to sign an agreement or

enter into a partnership. You're being asked to give too many things away. Wait for better options to come along. Relatives may try to pressure you into tak-ing the deal for security's sake, but there are more important things.

• To find out more about what the stars have in store call Russell on Virgo 09067-531757

SAGITTARIUS (Nov23-Dec21) THERE'LL be times when you can't keep your temper under wraps and con-fronting a manipulative relative will certainly make you feel better. Although a row will create some tense moments at home, it's better than letting the tension build and

resentment set in.
• To find out more about what the stars have in store call Russell on Sagittarius 09067-531760

ARIES (Mar 21-Apr 20) A PARTNERSHIP could be severely tested. You've

got to defer to someone's superior knowledge. If that means giving away a greater percentage of the profits, so be it. Resist the urge to tackle a group effort by yourself. You will need all the help you

. To find out more about what the stars have in

CANCER (Jun 23-Jul 23) BE willing to change your opinions about religion and politics if a respected official falls from grace. Your reverence for authority can sometimes cloud your judgment. If you're the last person to break away from an organisation, don't be embarrassed. It's just a testament to your loyalty. To find out more about what the stars have in store call Russell on Cancer 09067-531755

LIBRA (Sep 24-Oct23) THE same old routine is starting to get on your nerves, but it won't be easy to change your daily schedule, especially as a loved one has come to rely on you. Unless you assert your independence, though, your relationship could suffer. Don't feel guilty for doing your own thing.

• To find out more about what the stars have in

store call Russell on Libra 09067-531758

CAPRICORN (Dec 22-Jan 20) IT'S hard to follow through with a project that has caused lots of strain and pain, but do it anyway. Even limping across the finish line is better than not crossing it at all. Sure, some critics will focus on the mistakes you made, but most people will congratulate you for sticking at it. • To find out more about what the stars have in

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WATERSTONE'S

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9



MEDIUM

HARD

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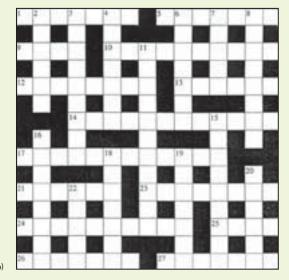
CRYPTIC CLUES

ACROSS

- 1 Undertaking to jut out (7)
- 5 Wrongful act of receiver (7)
- 9 Brewer's jug? (4)
- **10** Permission arranged for single edition (10)
- 12 Become big enough to fill completely although it got worn out (not shirt) (4,4)
- 13 Packing them in for fisticuffs (6)
- 14 Learned landlord? (3,2,7)
- 17 Indicate exact place for race (5-2-5)
- 21 Riddle used to perplex (6)
- 23 Bought freedom, unspecified amount in foreign currency (8)
- **24** Relative resists pet struggling (10) **25** Long drink first for bird (4)
- 26 Modern archbishopric in America? (3,4)
- 27 Oneis back to work with energy on atom (7) DOWN
- 2 Prize from till brought up (6)
- 3 Female panellist (9)
- 4 It might be knotted at the back of one's head (7)
- 6 Beefier concoction supplied gratis (7)
- 7 County, actual existence unknown (5)
- 8 Only crew suffered comicís performance (8)
- 11 Evidence essence has mixture of alcohol and water (5,6) 15 Equivalent given in return by bird at enclosed castle (3-3-3)
- 16 Flirt had minced meat that was not right (8)
- 18 The heartless RenÈ and I could find it was smaller (7)
- 19 Pole inside drains squirming entrails! (7)
- **20** Patch up fabric about five in the morning (6)
- 22 Like a fastener that is quick (5)

SCRIBBLE HERE





ACROSS

- 1 Eccentric (7)
- 5 Despotism (7)
- 9 Baghdad's country (4)
- 10 Board game (10)
- 12 Remission (8)
- 13 Insanity (6)
- 14 Alternative (6.6)
- 17 Guttersnipe (6,6) 21 Court clown (6)
- 23 Area included (8)
- 24 A South American (10)
- 25 Practical joke (4)
- 26 Otalgia (7) 27 Paint in dots (7)

- DOWN
- 2 Serial (anag.) (6)
- 3 Agree tacitly (9)
- 4 Automatic (7)
- **6** Divine (7)
- **7** Spice (5)
- 8 Regulating device (8)
- 11 Tube-shaped (11)
- 15 Proprietorship (9)
- 16 And so on (8)
- 18 By means of (7)
- 19 The Avon (anag.) (4-3)
- 20 Torn skin on finger or toe (6)
- 22 Eighth Greek letter (5)

LAST WEEK'S SOLUTIONS

SUDOKU SOLUTIONS No53

EASY	1							
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HARD

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Answers to all of this week's guizzes can be found on our website

CRYPTIC SOLUTION No53

ACROSS: 1 Jackknifed 7 Camp 9 Supertax 10 Venice 11 Bound to win 14 Conquest 15 Dodgem 16 Abbess 18 Strung-up 20 New Zealand 23 Global 24 Amenable 25 Styx 26 Waterproof. **DOWN:** 2 Arum 3 Keep 4 Notable 5 Foxhunt 6 Divided 7 Concordant 8 Machinegun 12 Double-flat 13 Squeeze-box 17 Swallow 18 Sea-salt 19 Red deer 21 Haar 22 Also.

OUICK SOLUTION No54

Linough 19 Have-not 20 Agnail 22 Ineta. Robotic 6 Angelic 7 Cumin 8 Stopcock 11 Cylindrical 15 Ownership 16 Etcetera 18 Second choice 17 Street urchin 21 Jester 23 Coverage 24 Venezuelan 25 Hoax 26 Earache 27 Stipple, **DOWN:** 2 Israel 3 Acquiesce 4 Ackgammon 12 Remittal 13 Lunacy 14

Backgammon 12 Remittal 13 Lunacy 14

Figure 14

Figure 15

Figu

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BLACK KIDS: Performing live at Lounge on the Farm



SISTER MANTOS: US art-rocker performs in Kent



THE SUSPECTS: See them perform Blur's Song 2



RETURN: Former Reef members have joined with Jonas Jalhay, formerly of Lady Sovereign, to form Them Is Me, who will be gigging at the Tap 'n' Tin in Chatham on Saturday

Good Reef, look who's back?

BY SIMON ROBINSON

INDIE music, as everyone knows, attained greatness in the mid 90s.

Proper bands such as Oasis, Blur, Pulp, Proper bands such as Oasis, Blur, Pulp, Supergrass and their oft forgotten contemporaries including Sleeper, Elastica, Mansun and so forth, filled the charts week in and week out, leaving little room for manufactured pop rubbish.

Good times indeed.

Unfortunately, the heady days of Brit Pop are all but over, with gangsta rappers, 'bling'-laden r 'n' b stars and McFly notching up mil-

lions of downloads and ring-tones.

Mercifully, it seems comebacks are making a comeback

The Police got back together, as did James, Smashing Pumpkins, Rage Against The Machine and Take That (bad example, I grant you).

The latest musicians looking for a second shot of stardom are gravel-toned frontman Gary Stringer, drummer Nathan Curran and bassist Jack Bessant, who notched up seven top-20 singles with Reef between 1995 and 2003.

The trio, alongside new guitarist Jonas Jalhay, formerly of Lady Sovereign, have adopted the name Them Is Me and will be playing the Tap 'n' Tin in Chatham on Saturday night.

Gary said he needed the two-year hiatus between the end of Reef and the beginning of

Them Is Me.

He said: "For ten years we had the best laugh with Reef I was 20 when I started, and the whole thing was just amazing, but the last 18 months were not so great – it was getting like real hard work

"And I thought, 'you know what, this is not what I'm in a rock and roll band for, let's walk away from this'.

"Reef had been such a democracy, so for two years I was lost with myself for company in a puff of green smoke.

"But little by little I'd find myself humming a song and before I knew it I had the dictaphone out."

Gary added that recording Them Is Me's debut album and hitting the road had been a simple process, saying: "Everything just seems to have worked out really easily and that's exactly how I remember Reef being.

Tm so stoked to still be involved with music. It took two years of messing about to realise just how important music is to me."

Tickets to Them Is Me's Chatham gig cost

£8. Doors open at 8pm.
• For more information visit www.them isme.com or www.tapntin.co.uk.

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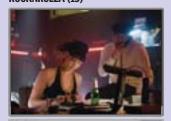
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ROCKNROLLA (15)



Guy Ritchie returns to the streets of London, but he needn't have bothered. RocknRolla is of fleeting style and no substance. Old school mobster and foul-mouthed bigot Lenny Cole has visions of grandeur and is keen to for business ties with a shady Russian billionaire. Unfortunately. the investment money is part of a get rich scheme orchestrated by a sexy accountant and some petty thieves.

BOY IN THE STRIPED PYJAMAS (12A)



Bruno, the son of a Nazi concentration camp commandant, and his sister Gretel live in a mansion, but are one day suddenly moved to a place called Out-With (Auschwitz). Bruno, outraged by his father's decision to move and desperate to go home, spends his time in his room. In boredom, he wonders what is going on at Out-With and why people are always dressed in striped pyjamas there.

EDEN LAKE (18)



Jenny (Kelly Reilly) and her boyfriend Steve (Michael Fassbender), escape for a romantic weekend away. Steve, planning to propose, has found an idyllic setting: a remote lake enclosed by woodlands and seemingly deserted. But the couple's peace is shattered when a gang of obnoxious kids encircles their campsite. The romantic w getaway suddenly becomes the holiday from hell.

Revenge of the Seth

■ BY KATE WHITING

SETH Rogen is slowly but surely conquering Hollywood - with a little help from his friends.

The stand-up comedian turned movie star had his first lead role in last year's Knocked Up, written and directed by his mentor, Judd

He followed that with his own film, Superbad, co-written with schoolmate Evan Goldberg.

Pineapple Express, his latest collaboration with Evan and Judd, recently raked in \$40 mil-lion in its first five days at the US box office – almost twice its \$27m budget - and it looks set to do just as well over here.

Not bad for a regular-looking 26-year-old who started out telling jokes at bar mitzvahs.

"I had no money when I was younger and in high school all my friends had jobs and I had no job. I just did stand up," the fuzzyhaired actor explains in his distinctive bear-like growl.

"I started realising I had to treat this like a job, so I did a few bar mitzvahs and they paid me 150

bucks or something like that.
"I actually ran into someone recently, they came up to me and said, I was at a bar mitzvah that you did stand-up comedy at'. It was so embarrassing!" he chuck-

The way Seth tells it, his teens were like something out of one of his films. At 15 he was spotted by a mohel - the man who circumcis es Jewish boys - who hired him to write 'icebreaker' jokes. "They were all like bad haircuts

jokes like, 'So, a little off the top?' he sniggers.
"He wanted

jokes because everyone is a little on edge, a few icebreakers, just something. But



ROGEN'S JOSH: Seth Rogen (left) with Pineapple Express co-star James Franco

you don't picture raucous laughter and penile surgery going hand-in-hand."

It's really hard to keep a straight face around Seth, but there is serious business at hand. even if Pineapple Express is his take on the classic stoner film genre - and a kick-ass action movie to boot.

He, Evan and Judd all sat down

and came up with the story drawing on cult films like Pulp Fiction – and then Evan and Seth wrote the script.

Seth plays Dale Denton, a process server (someone who serves legal documents) and selfconfessed loser, who is dating a high school girl and spends all day smoking marijuana.

He has a businesslike relation-

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ship with his dealer Saul Silver (James Franco), but the two are thrown together when Dale wit-nesses a drug lord and a bent cop commit a murder – and accidentally drops the butt of a rare Pineapple Express joint at the

Knowing the dangerous drug lord will work out who he is, Dale and Saul go on the run - and embark on an unlikely friendship.

Emotional male bonding is a signature trait of Seth and Evan's films and something they find hilarious.

"Those are the relationships that just seem funny to us, just two guys working stuff out," Seth says, laughing again.
"Our group of friends back home

was really callous, then I moved to LA and became friends with all these actors and all they want to talk about is how they feel and

how hurt they are emotionally. "We were like, 'We can't talk to these people like we talk to our normal friends, because we'll hurt their feelings'," he laughs. "I honestly think that was the basis for our films, hurting other

guys' feelings and having to apologise to them, and our own trouble navigating that."



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yourswalegetaways



Bringing those fjords into focus

BY TREVOR MASON

THREADING our way through dozens of islands off the west coast of Norway, it was difficult to believe we were on a ferry from England and not some luxurious Scandinavian cruise.

On the DFDS route from Newcastle to Bergen, the voyage is very much a part of the holiday. Norway is known for its outstanding scenery – and high prices. But once visited, it draws you back again and again.

With that in mind, and for our fourth visit in 30 years, we booked a contrasting two-centre holiday, sampling first a wood cabin high in the mountains and then a city centre hotel in Bergen.

Sailing on the Queen of Scandinavia, the 26hour journey went almost too quickly thanks to a comfy cabin, a good choice of restaurants and bars, entertainment and films.

We arrived at Bergen – Norway's second largest city with a population of just 242,000 and gateway to the fjords – feeling relaxed.

On an excellent road, we plunged into tunnel after tunnel, hewn through rough rock, and as we climbed higher into the mountains, we passed raging rivers and dozens of waterfalls, with white and red-coloured cabins clustered around lakes large and small.

around lakes large and small.

After collecting our keys and bedding, we turned into a gated private road to reach at our cabin, high in the Kvamskogen mountains

– an area popular with skiers in winter and



HIGH AND MIGHTY: There's no shortage of spectacular scenery on offer in Norway

walkers in summer. The cabin had every modern comfort, including satellite TV, DVD player and underfloor heating. The huge outside deck commanded dramatic views of the surrounding summits – some snow-capped even in August – and a large lake below. The peace and quiet, broken only by the occasional tinkling of bells on wandering sheep, was intense.

The nearest town, Norheimsund, had good supermarkets, and yes, we found almost everything much more expensive than in England.

After a week in the mountains it was time for the bustle of city life in Bergen. Staying at the comfortable Thon Hotel Rosenkrantz, on the historic Bryggen waterfront, we were ideally placed to explore its charms. We took a harbour cruise and were able to walk to many of the city's attractions, such as the aquarium and art galleries.

A cable car to the peak of Mount Ulriken – at 642 metres the highest of the seven mountains surrounding the city – offers views out to sea and inland. But on the day we went up, mist and cloud obscured most of the horizon.

mist and cloud obscured most of the horizon. We had better luck with the Floibanen, a funicular railway which takes you from the heart of the city to the top of the 320-metre Mount Floyen, where viewing platforms give expansive views.

expansive views.
All too soon our holiday was over, but we still had the return journey to look forward to.

FACT FILE: NORWAY

 Time difference
 UK plus 1 hour

 Capital
 Oslo

 Population
 4.7 million

 Language
 Norwegian

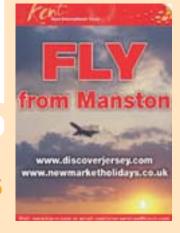
 Climate
 Temperate/arctic

 Religion
 Christian (mainly Protestant)

 Currency
 £1 = approx 10 krone

Travel details

• Trevor Mason was a guest of DFDS Seaways, which offers six-night B&B hotel stays in Norway from £436 per person, including three nights onboard in commodore class and three or four nights B&B at the Solstrand Hotel in Bergen, plus carriage of standard car. Seven-night self-catering holidays in Norway start at £1,221 for two sharing inside cabin with return ferry crossings, from £1,241 for two in outside cabin and £1,375 for two in commodore class cabin. DFDS offers log cabin stays starting at £130 per person, including two nights on board, carriage of vehicle and four/five nights in lodge. DFDS Seaways reservations: 0871 522 9955; www.dfds.couk/activityholidays.





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PROPERTY NEWS

Nationwide is merging with smaller rivals

NATIONWIDE Building Society, which has branches across the county, is to merge with the Derbyshire and

Cheshire Building Societies.
The UK's largest building society will acquire its two rivals through separate transactions, in a move it says it has undertaken to ensure the viability of the mutual sector in the UK.

The decisions were described by Nationwide as "prudent and pre-emptive", following the identification of "financial issues" faced by the smaller

Smaller societies have come under pressure in recent months to consolidate positions, as the liquidity crisis reduces the availability of wholesale finance.

The move is in the "best interests" of

the savers and borrowers of both small-er societies, said Graham Beale, Nationwide's chief executive. "The core member businesses of both

societies are in good shape and have a better future as part of a larger organisation," he said.

Landlords can tailor interiors to tenants

THE Residential Landlords' Association is advising buy-to-let investors to check the interiors of their properties in order to ensure they can get the best deal when it comes to tenants.

RLA director Alan Ward says thought should be given to interiors to ensure the decor and fittings appeal to the kind of person the landlord is seeking to attract.

Furnished apartments are usually best for students or young singles, while couples and those looking for long-term leases are more likely to wish to put their own stamp on homes. Young professionals sharing a house may be looking for two bathrooms.

The local market should also be researched before deciding whether to let a property fully or partly furnished.

A well presented property is easier to let and more likely to give a choice of tenants. It is important to research the chosen tenant group and review whether a property will meet expectations.

Landlords need to be increasingly

aware about marketing, according to RICS, because instructions for lettings

Borrowers benefit as lenders start rate war



Positive news at last for hard-pressed home buyers

MORTGAGE buyers have received a boost with lenders setting off a rate war to attract the best cus-

Of the 12 leading lenders, nine have now cut their headline interest rates on two and threeyear fixed-rate deals in the last two weeks alone, according to research from MoneySupermarket.com.

Halifax – the UK's largest mortgage lender – led the way with cuts of 0.95 per cent, bringing the cost of the cheapest two-year deal down to

BY NICK AMES

However, the deal comes with a maximum loan-to-value (LTV) ratio of 25 per cent and a

fee of 2.5 per cent.
Lloyds TSB is also offering a rate below five per cent. Following cuts of 0.5 per cent over the last two weeks, the bank now has a deal at 4.99 per cent, with a similar LTV and fee structure to Halifax.

Cuts of 0.2 and 0.25 per cent respectively have seen Britannia and Abbey take rates on a two-year fixed-rate deal to 5.44 and 5.54 per cent. However, Abbey has a maximum LTV of

70 per cent on the cheapest deals. "We are in the midst of a mortgage crisis, yet three-quarters of the nation's biggest lenders have recently slashed rates on deals," said Louise Cuming, head of mortgages at MoneySupermarket.com.

"For such a significant proportion of mortgage providers to drop their rates underlines an industry-wide recognition that rates were

"This is good for borrowers who can take heart in some positive news – a rarity during

the credit crisis.
"I am also pleased see lenders making a real effort to make borrowing more affordable.

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OIEO £169,995

South Sittingbourne. Three bedroom sem detached house with no onward chain. Double glazing. Driveway and garage.

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MOTORS NEWS



Buyers keen to Czech out new Skoda Superb

SKODA aims to put 'Superb' back into its reputation. The Czech marque made its name and the original Superb models before World War Two, as pre-communist Czechoslovakia's equivalent of Rolls-Royce.

Guests at Skoda dealers' new Superb launch nights this week will find out whether such quality and style is back. The new car (from £15,490) will be

ridiculously cheap like its immediate predecessor though, for an executive class model.

As usual, Skoda's spec levels will be embarrassingly generous too.



Peugeot's new surfers' option on the Tepee

PEUGEOT has followed up the successful Partner Combi family holdall.

The Partner Tepee is based on the

Peugeot 308 car rather than a van though. Costing from £11,215, it seats up to five, has sliding rear side doors and majors on storage, removable seating and versatility—there is even an exting a literary large and a few larges of the storage of optional internal roof rack designed to take surf boards.

An alternative Zenith multi-purpose roof option adds 80 litres of extra storage beneath the high roof plus four large glazed panels for extra cabin airiness.



Proton launch dual fuel saver challenge on Ford

PROTON has launched a 'same price' dual fuel' 1.6-litre GEN-2 Ford Focus challenger. The 'ecoLogic' GEN-2 beats the credit crunch and high road tax and fuel costs by automatically switching from its petrol tank to run largely on cut-

price LPG (liquefied petroleum gas).

LPG currently costs 58p/litre, but an aftermarket conversion costs £1,500-£2,000; the factory-fitted installation on the ecoLogic GEN-2 is available for £10,995 in hatchback or £10,795 in saloon form.



SHOWING THE WAY: BMW's 'EfficientDynmaics' technology has been fitted to most of its cars and uses energy that would otherwise be lost in braking to recharge the battery

Commute for free with BMW's green machine

SOME car makers trumpet hybrids, others spout the controversial eco-merits of bio-power.

There is also hydrogen, but that is a way off

Then there's 'a nip here, a tuck there', an approach that has landed many awards for the BMW 118d and the German marque's 'EfficientDynamics' technology fitted to most

The BMW package uses energy otherwise lost in braking to recharge the battery, mostly sidelining the engine-sapping alternator.

Emissions and demands on power and fuel are also reduced by electric power steering and 'Start-Stop'; the engine stops when the car sits in neutral and restarts when the clutch is

depressed.
Furthermore, a gearshift change indicator

encourages economical motoring.
All of which enables the three/five-door 118d to record 62.8mpg on the combined cycle with CO2 emissions of just 119g/km, putting it into road tax band-B (£35/year) and London Congestion

Charge exempt under proposed revisions.

This suggests that a Kent-based commuter

BMW 118d

■ BY STEVE LOADER

STAR QUALITY

Driving appeal	****
Image	****
Space	****
Value	***
Running costs	****
Reliability	****
Green rating	****

could actually take out a three-year PCP (Personal Contract Purchase plan) on a 118d and run it for free from congestion charge and fuel savings.

We borrowed one from Broad Oak BMW of Ashford and Canterbury, which confirms a hefty take-up for the greener 1-Series. An all-white paint job made it hard to dish the dirt on our eco-paragon, three-door hatch sample, other than to remind myself that I still don't like the styling. However, the car feels well constructed and, of course, handles beautifully in the 'BeeEm' tradition thanks to its front engine/rear drive balance

Liberated by EfficientDynamics, the 2.0-litre engine – the nomenclature suggests 1.8, but it is actually 1,995cc – has punch if you want to drive it hard. That electric steering is also pre-

cise with good feedback, unlike some.

On the other hand, the engine and smooth six-speed box allow quiet and frugal cruising.

The rear is not the most spacious and access could be better, even in the five-door. Run-flat tyres also dictate an unforgiving ride, though losing the spare saves weight and returns space lost to the car's rear transmission.
• Email steve.loader@kosmedia.







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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

BEST-SELLING JAPANESE SUPERMINIS

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SUPERMINIS were not something that Japanese carmakers used to 'do' with much style or verve. They were reliable, of course, but easily outclassed for image and style by European marques. But that changed with the original Toyota Yaris, ironically made in France for European markets. The Yaris now faces its stiffest competition from fellow Japanese manufacturers in the form of the quirky looking yet robust Nissan Micra and Mitsubishi Colt. All three make a statement but are also practical and reliable.

TOYOTA YARIS



TOYOTA'S original mould-breaking supermini (pictured) was replaced in 2006, but the second generation car has built upon its reputation for space within eye-catching yet compact dimensions; a Yaris of any age makes a decent used buy. The original also spawned the hugely versatile Verso estate-cum-MPV. The Yaris driving experience is classy too, but the years are becoming less kind to the interior design and visual quality of the original car.

STAR QUALITY

Driving appeal	****
Looks and image	****
Space	****
Value	****
Running costs	****
Reliability	****
Quality	****

NISSAN MICRA



BORING Nissan? Well, the Micra has blown that myth apart. This is the supermini that says you don't have to conform to style in order to be space-efficient and you don't have to carry a French badge to be chic – although Renault now owns Nissan. The Micra turns heads and looks 'right' in three or five-door form. It's affordable and reliable, available with excellent diesels and marketed with some stylish trim in the dearer versions.

STAR QUALITY

Driving appeal	****
Looks and image	****
Space	****
Value	****
Running costs	****
Reliability	****
Quality	****

MITSUBISHI COLT



THIS stylish little car has been a lifeline for Mitsubishi dealerships, starved so long of decent mainstream car models. It is offered in two forms: an MPV-style five-door with masses of space and a higher driving position, or a lower-slung and pugnacious sporting three-door. The CZT three-door hot hatch version is possibly best in class for the money, but the whole range delivers a good drive. Interiors are refreshing and almost Scandinavian in design.

STAR QUALITY

Driving appeal	****
Looks and image	****
Space	****
Value	****
Running costs	****
Reliability	****
Quality	****

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Official Government Test Environmental Data- Fuel Consumption Figures mpg (litres/100km): Astra Sport Hatch SXi 1.4i 16v 3dr: urban 35.3 (8.0), extra-urban 56.5 (5.0), combined 46.3 (6.1), CO₂ Emissions 146 g/km; Meriva Breeze Plus 1.6i 16v 5dr MPV: urban 31.7 (8.9), extra-urban 52.3 (5.4), combined 42.2 (6.7), CO₂ Emissions 159 g/km; Zafira Breeze Plus 1.6i 16v 5dr MPV: urban 30.1 (9.4), extra-urban 47.9 (5.9), combined 39.2 (7.2), CO₂ Emissions 172 g/km; Astra TwinTop Design 1.8i 16v: urban 28.2 (10.0), extra-urban 47.9 (5.9), combined 38.2 (7.4), CO₂ Emissions 177 g/km.

Models shown may have optional extras available at an extra cost.4 Vears 0X Finance available on selected Astra Astra TwinTop. Tigra. Meriva, Zafira and Vectra models. Minimum deposit of 30% required. Finance by GMAC UK plc subject to status, applicants must be 18 or over. Available at participating retailers only, Offers apply to eligible new vehicles ordered or registered between 02.07.08 and 02.10.08, subject to availability, and are available to private individuals. Vauxhalt Partners, and small businesses 1-24 (purchase only). All other sales categories are excluded. Offers may not apply to all retailer stocks. UK supplied whetics ently (Vauxay487)















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2004 04 Corsa Energy	1.2	5	Silver lightening	19.020	£4.895	2005	05	Zafira Life	1.8	5	Ultra blue	38.250	£6.495
2004 54 Corsa Energy	1.2	5	Spearmint silver	35000	£4.995	2005	05		1.6	5	Star silver	39.000	£6.495
2006 56 New Corsa Sxi Auto	1.4	3	Black sapphire	13.760	£7,495	2005	55		1.6	5	Silver Lightning	43.000	£7.145
2007 07 New Corsa Life	1.2	3	Silver lightening	12,100	£6,995	2005	55		1.6	5	Flame red	31,650	£7,995
2007 57 New Corsa Sxi CDTi	1.7D	5	Star silver	8,800	£10,995	2003		New Zafira Breeze CDTi +		5	Star silver	3.985	£13.995
2007 57 New Corsa Design	1.4	5	Silver lightening	7750	£8,995	VECTE		New Zallia Dreeze CD11+	1.70	5	Juli Silvei	3,703	L13,773
08 58 New Corsa Club CDTi	1.3D	5	Metro blue	Delivery	£11,395			Vectra Sri	2.2	-	C1 1	20.550	C720F
08 58 New Corsa Breeze CDTi +	+ 1.3D	3	Star silver	Delivery	£10,995	2005			2.2	5	Star silver	30,550	£7,295
08 58 New Corsa Breeze CDTi +		5	Star silver	Delivery	£11,595	2006			1.9D	5	Ultra blue	74,600	£6,250
08 58 New Corsa Breeze CDTi	1.3	3	Black sapphire	Delivery	£10,495	2007	07		1.8	5	Star silver	12,650	£9,650
SIGNUM						2007	57		1.8	5	Pomegranate red	4,675	£9,995
2007 57 Signum CDTi Exclusiv Nav		5	Star silver	9,950	£14,995	2008	57	Vectra CDTi Exclusive Auto	1.9D	5	Ultra blue	5,350	£12,995
2008 08 Antara S Auto	2.0	5	Slate blue	5350	£17,995	NON V							
TIGRA						2001		Ford Focus Zetec	1.6	3	Metallic blue	39,100	£3,795
2005 05 Tigra CC	1.4	2	Black sapphire	17650	£8,695	2006	56	Hyundai Coupe Atlantic	2.0	2	Silver	17,200	£8,995
2006 06 Tigra Exclusiv	1.4	2	Star silver	15975	£9,995	COMM	IERC	IALS					
MERIVA						2006	56	Movano	2.5 CDTi		Silver	19.700	£9.995+VAT
2007 57 Meriva VXR	1.6	5	Arden blue	2,680	£12,495	2007	57	Combo	1.3D CD1	ī	White	Delivery	£7.495+VAT
2008 08 Meriva CDTi Breeze +	1.3D	5	Star silver	3,350	£11,995	2008	08	Vivaro	2.0CDTI		Black	Delivery	£13.495+VAT
2008 08 Meriva Breeze	1.4	5	Black sapphire	3,550	£9,995	2008	08	Vivaro	2.0CDTi		White	Delivery	£10,995+VAT
2008 08 Meriva Design MTA	1.6	5	Steel blue	1,295	£12,695	2008	08	Vivaro	2.0CDTi		White	Delivery	£11495+VAT
AGILA		_	_			2007	57		17D		White	5.445	£7.995+VAT
2001 51* Agila Energy	1.2	5	Green tea	76,350	£2,595	2007	07		1.9 CDTi		Moonland	25.000	8.495+VAT
2005 55 Agila Design 2008 08 Agila Club (New shape)	1.2 1.2	5 5	Yellow	31,000 2.075	£5,295 £7.995	2007	57		1.3D CD1	7	White	13,475	£6,995+VAT
2008 08 Agila Club (New shape) ASTRA	1.2	5	Atlanta blue	2,075	£7,995	2007	07		1.3D Cpr		White	8.700	£7.995+VAT
2003 53* Astra Convertible	10	2	Star silver	20.500	£6.895	2007	55*		1.3D CTE	W Vall	Red	57.500	£9.495+VAT
	1.8 2.2	2	Star silver Satin red	29.500 42.000	£6,895 £4,995	2005	57		1.9 CDTi		White	12.100	£9,495+VAT
2003 53 Astra Elegance Estate 2005 55 Astra Breeze	1.6	5	Satin red Silver lightening	38.000	£4,995 £6.995		57	Movano			White		£12.995+VAT
2006 06 Astra Sxi Sports hatch	1.4	3	Silver lightening	28,650	£8,995	2007			2.50CDT	1		10,300	
2007 07 Astra Auto Design	1.4	5	Moonland	11.000	£8.995	2007	57	Vivaro	2.0cdti		White	11,780	£9995+VAT
2007 57 Astra Club CDTi Est	1.3D	5	Panacotta	8.275	£11.995	2008	08		1.9 cdti		White	5,050	£11,995+VAT
2007 57 Astra Ctdb CD11 Est	1.6	3	Black sapphire	14.000	£9.995	2005			1.9 CDTi		Blue	7,6100	£6495+VAT
2007 57 Astra Club CDTi	1.7D	5	Star silver	10.680	£10.295	DUE S							
2007 57 Astra Energy	1.4	5	Silver Lightning	4,050	£8.195	2005	05	Corsa Breeze	1.2	5	Silver lightening	25,000	5,495
2008 08 Astra SXI	1.6	5	Black Saphire	6.300	£10.495	2005	05		1.6	5	Silver lightening	11,500	6,695
2008 57 Astra Breeze Plus	1.7D	5	Star silver	12,300	£11,495	2005	05	Astra Club	1.6	5	Silver lightening	18,000	6,895
2008 08 Astra Breeze Plus	1.6	5	Ultra Blue	2,850	£10,995	2005	55	Vectra Exclusive CDTi Est	1.9D	5	Star silver	21,000	8,250
ZAFIRA						2005	05	Zafira Design	1.6	5	Silver lightening	34,000	6,695
2003 53* Zafira Elegance DTi	2.0	5	Black sapphire	66,350	£5,995	2006	06	Zafira Active CDTi Auto	1.9D	5	Silver lightening	20,000	9,995
2003 53* Zafira Club	1.8	5	Ultra blue	48,600	£4,995	*Non N	letwo	ork Q Vehicle					

Pomphreys of Sittingbourne Ltd London Road, Bapchild, Sittingbourne, Kent ME9 9AQ

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- RETAIL, WHOLESALE, SALES
- SCIENTIFIC AND PHARMACEUTICAL,
- TRANSPORT, LOGISTICS, AVIATION

Senior & General Appointments

41-46



Abbey Court School 'WE GROW PEOPLE"

Abbey Court School, a 'special' school and a 'special' place to work. We are currently looking for

TEACHING ASSISTANTS

to join and enhance our large and expanding, high calibre team.

Medway Scale, Grade D2 £14,492 - £18,430 (PRO RATA) + SEN Allowance (£1,107) (pay award pending)

Are you committed, motivated and enthusiastic? Does 'Every Child Matter' to you? Can you make a difference? If so, share your talents and expertise with us.

Abbey Court is located on 2 sites; Rainham (Primary) and Strood (Secondary and Further Education), and caters for pupils aged 4-19 with severe learning difficulties. Working hours are 32.5 p/w, term time only. Previous experience and/or NNEB (or equivalent) qualifications preferred. Comprehensive training and induction will be provided.

This School is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment. Any offer of appointment for post is subject to a satisfactory Criminal Record Bureau Disclosure

For an application pack, please write to/telephone (stating the role for which you are applying): Mrs Linda Taylor, Abbey Court School, Rede Court Road, Strood, Kent. ME2 3SP (01634 338224)

Please note CV's will not be accepted.

Closing Date: 19.9.2008



Abbey Court School "WE GROW PEOPLE"

We are currently looking for...

CARETAKER

 $\begin{array}{c} \text{Medway Scale, Grade D2} \\ \mathfrak{E}14,492 - \mathfrak{E}18,430 \ \ (\text{PRO RATA}) + \text{SEN Allowance } (\mathfrak{E}1,107) \end{array}$ (pay award pending)

Are you committed, motivated and enthusiastic? Can you work using your own initiative, as well as being part of a team?

Abbey Court is located on 2 sites; Rainham (Primary) and Strood (Secondary and Further Education), and caters for pupils aged 4-19 with severe learning difficulties.

The post holder will be based primarily at the school's Strood site, reporting to the Site Manager and Headteacher.

This School is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment. Any offer of appointment for post is subject to a satisfactory Criminal Record Bureau Disclosure

For an application pack, please write to/telephone (stating the role for which you are applying): Mrs Linda Taylor, Abbey Court School, Rede Court Road, Strood, Kent. ME2 3SP (01634 338224)

Please note CV's will not be accepted.

Closing Date: 19.9.2008



Invicta Motors is a well established and highly regarded Ford CMA, with three locations covering East Kent.

We offer excellent benefits and prospects to the right candidates. We are currently recruiting for the following position:

Technician

Westwood

We are looking for a vehicle technician to join our busy dealership at Westwood preferably MOT and Ford Trained.
The main duties would be to carry out inspections,

routine services and MOT testing in a professional and safe manner

The candidate must be able to work on your own initiative and as a team, with good communication skills and technical abilities.

Please send your CV to: Mollie Cooper at Invicta Motors Sturry Road, Canterbury, Kent CTI IDR or email Mollie.Cooper@Invictamotors.com Closing Date 19th September 2008.

JobsforKent.co.uk

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Marlowe - Academy Stirling Way, Ramsgate, Kent CT10 1HQ Tele: 01843 593326 www.marloweacademy.co.uk

Team Leader Vacancy

Team Leader for Mathematics Salary Leadership Scale L13 - L14

Now in its fourth year, Kent's first Academy continues to challenge traditional approaches and to drive up standards - over twenty students have now gone on to university and last year's 5A*-C GCSE figure topped 50%. Real progress has been made with the 2011 National Challenge, but we believe that the creation of this Leadership Team post is crucial to our continued success.

The successful candidate will at least have:

- relevant middle leader experience;
- ⇒ a background in Mathematics;
- commitment and ambition;
- and excellent communication skills.

Jenny Spooner, our Personnel Manager, is administering the appointment process. Please email her for details at Jennifer.spooner@marloweacademy.co.uk, as well as the chance to tour the Academy with our Principal, Ian Johnson.

The closing date for applications is Friday 10th October 2008

We look forward to hearing from you.



Bredlands Lane, Sturry, Canterbury, Kent CT2 0HD

Principal: Mr Ian Johnson

ns: Business & Enterprise and Visual, Creative & Performing Arts

Director of Learning for Mathematics

MPS +TLR - f10 303

Following the promotion of the previous post holder to a senior management position, we will be appointing his permanent replacement from 1st January 2009.

This is an exciting opportunity for an ambitious and talented colleague to join our Team. Building upon the success of the Montgomery School during its final years, Spires had a very good first year. Year 7 numbers have doubled, GCSE results with English and Maths shot up from 18% to 32%, and there is a real sense of optimism in our community, a 'can do' mentality.

Maths results last year were the best of the core subjects, testimony to the quality of teaching and organisation of the curriculum. There is, however, real potential for improvement as well as the opportunity to teach at Sixth Form level through our link with the Marlowe Academy

Potential candidates are encouraged to visit the school as part of the application process.

Please email our Personnel Manager, Marion Wigington, on m.wigington@spiresacademy.com for further details of how to apply.

Closing date: 10.00am on Friday 10th October Interviews scheduled for the following week

http://www.spiresacademy.com

Jo has moved to the area with a new baby and a toddler and would really appreciate some support and advice



from an experienced parent. She would also like to know about parks and other activities that she could take the children to.

Could you volunteer and help JO?

All of our volunteers are parents, they attend a free, interesting and informative Induction Programme, one day a week for eight weeks, before being introduced to a family.

find out more you can visit our web site http://home.btconnect.com/Home-Start_Swale or phone 01795 429007

> Discover your **Potential**



Information Services Assistant

College

Reference P0566 Salary £15,057 - £18,534

We are seeking to appoint a CIS Assistant who is able to demonstrate excellent Microsoft Office skills, pay good attention to detail and work under pressure. You good attention to detail and work under pressure. You will be required to assist in the maintenance and implementation of the information systems, reporting and analysing data to ensure that the College complies with relevant legislation and formal guidance. You will also be expected to provide general assistance to ensure the smooth running of the office.

Senior Technician in Electrical Engineering

Reference P0631 Salary £16,199 - £20,997

The successful candidate will carry out technician duties, assist tutors and learners in all practical aspects of electrical engineering and co-ordinate work across the department. You will possess a suitable higher level qualification

in electrical engineering and have proven experience

in a relevant electrical field. Closing date is Friday 27 September 2008

Mid-Hant College is working in partnership with RBLI Employment Solutions individuals who have a disability or health condition in the application, inte employment with he college. If you would like any tetrier information raga or require assistance with your application process then please contact RBL 783 1144 or visit their website www.rbli.co.uk for information, advice and which is advantation and promoting the welltare of you.

Application forms and further details are available from www.midkent.ac.uk. Alternatively, please email recruitment@midkent.ac.uk.

For individuals without access to e-mail or the internet please call the Personnel department on 01634 845402 (24 hour answer machine). In all communication with the college please quote the appropriate job title and reference number.







employability

experience





Sheppey College is part of Canterbury College. Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.





Lecturer Finance

Staff benefits include:

7.4 hrs per week, salary range £17,816 - £25,545 pro rata per annum

Lecturer Administration to Level 3 and Cross College Key Skills

Supply Lecturers required in the following areas: Administration and Office Skills Level 2 or 3

SH/BKA

SH/AOS **Bookkeeping and Accounting** Various hours available, salary range £17,816 – £25,545 pro rata per annum

Supply Learning Support required in the following areas: **Leisure & Tourism**

Supported Learning Various hours available, salary starting from £16,364 pro rata per annum

SH/LS/LT SH/LS/SL

For an application pack please visit www.cant-col.ac.uk or call the Personnel Office on 01227 811282 (24hr answerphone)

quoting the post reference. The closing date for the above posts is Monday 29th September 2008 at 12 noor



■ Pensions and Life Assurance Scheme ■ Generous Holiday Allowance

■ Proximity to Mainbus / Train Stations ■ Staff Discount Scheme



Canterbury College is an equal opportunity employer

achievement employability

Canterbury

Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

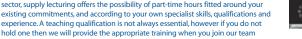
Supply Lecturers

Various hours are available, salary range £17,816 - £25,545 pro rata pa

If you are a newly-qualified teacher, or an experienced specialist interested in a



second career in Further Education, we are keen to hear from you This is an exciting opportunity to gain valuable experience in the Further Education sector, supply lecturing offers the possibility of part-time hours fitted around your existing commitments, and according to your own specialist skills, qualifications and experience. A teaching qualification is not always essential, however if you do not



We offer a wide range of both vocational and academic courses - to find out whether your skills match any of those on offer, further details can be found at www.cant-col.ac.uk.



For an application pack please visit www.cant-col.ac.uk or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference. The closing date for the above posts is Monday 29th September 2008 at 12 noon



Staff benefits include:

■ Close to City Centre

- Pensions and Life Assurance Scheme
- Proximity to Mainbus / Train Stations
- Sports Hall and Gym ■ Generous Holiday Allowance ■ Staff Discount Scheme



Canterbury College is an equal opportunity employer



The Royal School of Military Engineering (Chatham) Faculty Managers

Salary circa £40,000 + PRP

The Royal School of Military Engineering (RSME) trains in excess of 8,000 soldiers per year in construction and engineering skills. Currently we are looking for a number of Faculty Managers to lead successful teams of instructors in the following areas:

- Design Faculty
- Building Faculty
- Electrical Faculty
- Engineering Services Faculty
- includes responsibility for draughtsmen, surveyors and construction materials testing courses
- includes responsibility for building and construction, carpentry and joinery and structural finishing courses
- includes responsibility for all electrical courses
- includes responsibility for all heating and plumbing, air conditioning and refrigeration and fabrication courses

These are key appointments reporting directly to the Head of Division and the successful candidates will need to demonstrate the ability to manage multidisciplinary instructional teams to achieve high quality teaching and high pass rates in all course programmes within their faculty. For the Construction and Engineering Faculty Managers posts you will be a qualified and experienced engineer or tradesperson preferably with an education or training background, although this is not essential.

For an application form and job description please: Visit our website www.midkent.ac.uk

Email: rsme.recruitment@midkent.ac.uk Telephone 01634 845402 (24 hour answer machine) Personnel Director Iain Donaldson on 01634 884422 Personnel Officer, Marie Cook on 01634 884736

Closing Date 26th September 2008 Interviews will take place in week commencing 29th September 2008





Informal enquires are very welcome, please telephone:



The College is committed to Equal Opportunities and to selection on merit. It welcomes applications from all section of society. We particularly welcome and encourage applications from under represented groups including black, minority ethnic and disabled people.





Recruitment and Training Officers

Starting salary £20,061, with progression through contribution related pay to £22,825 per annum West Kent and East Kent

KEY Training Services deliver an exciting range of innovative training programmes to people aged 14-upwards. As one of the largest workbased training providers in Kent, we offer a wide range of Vocational and Pre-vocational programmes and qualifications across 5 centres in Kent. Working with KEY provides you with excellent Professional Development Opportunities.

Our Open Door programme is an innovative confidence and motivational course, which provides young people aged 16-25 with the skills they need for further training and employment. This postion is learner focused, fast paced, and above all rewarding.

To succeed, you will need to be able to deliver motivational and confidence training, whilst supporting, guiding and developing young people and engaging and encouraging employers to support young people in work placements.

Developing, implementing and researching new training ideas along with responding to change and using your initiative, will all be part

If you have these competencies we would like you to join our team. This post is subject to an Enhanced Disclosure Application to the Criminal Records Bureau.

To apply, visit www.kent.gov.uk/jobs Alternatively, please email recruitment.line@kent.gov.uk or call 0845 8247 904. Please quote reference number CMY/08/0210.

Closing date: Midday, 23rd September 2008.

www.kent.gov.uk/jobs

JobsforKent.co.uk

The smart way to find a job in the County

Operating in the drug & alcohol and mental health sectors, KCA (UK) provides a wide range of high quality and innovative specialist services for adults and young people.

KCA

REF: 516 - YOUNG PERSONS'
DRUG AND ALCOHOL WORKER
(EARLY INTERVENTION/TIER 2) - MEDWAY
SCP 25 - 33, £20,736 - £26,835 (pay award pending) - 37 hours
Essential Car User Allowance up to £1056

You will be involved in a range of community based services for young people who use/misuse drugs, or are at risk of doing so. This will include early intervention and prevention initiatives with targeted groups of young people through giving advice and information, raising awareness and educating them about the risks of using drugs. Much of this will be carried out though group work and presentations, with some one to one work. It will include working closely with other agencies and professionals.

You need to have good substance misuse knowledge, excellent communication and engagement skills, casework skills, and the ability to be creative and innovative. Proven experience of working effectively with young drug and alcohol users is a prerequisite.

For application forms and further information, contact:
KCA (UK), Dan House, 44 East Street, Faversham, Kent MEI3 8AT.
Telephone 01795 590635, Fax 01795 539351,
Email recruitment@kca.org.uk, yww.kca.org.uk.
Closing date: Monday 29th September 2008
Interview date: Friday 10thOctober 2008

THOSE VIEW GREEN CASE (URL) IN COLOR TO A CO

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The smart way to find a job in the County



Head of Behaviour Pupil Referral Units

Starting salary £46,535, with progression through contribution related pay to £53,422 per annum Sessions House, Maidstone

This is an exciting post in the dynamic and evolving structure of Children's Services in Kent. You will take a strategic lead in the continued development of Pupil Referral Units across the County, and will therefore have responsibility for professional support, development and standards of the Behaviour PRUS. As part of the commissioning cycle, you will proactively monitor, support and challenge Local Children's Service Partnerships to ensure access to a diverse range of effective educational provision for all children attending PRUS.

Ensuring effective monitoring systems are established and implemented according to agreed Local Authority policies and national guidance is essential.

Already a highly successful manager in a school, Local Authority or equivalent, with a detailed knowledge of Alternative Provision and the capacity to improve services in a large, excellent authority you will be a key member of the Attendance and Behaviour Service Senior Management Team. Ref: CFE/08/0457

Closing date: Midday, 19th September 2008. Interview date: 6th October 2008.

Alternative Curriculum PRU Gravesham and Dartford

The Gravesend and Dartford Alternative Curriculum PRU is a newly re-established Pupil Referral Unit providing for disengaged and disaffected Key Stage 4 young people. It provides an innovative and exciting curriculum for students within a diverse and stimulating working environment.

We are committed to delivering a high quality and genuinely imaginative education, focussed on the needs of young people.

Unqualified Tutor

£14,751 to £23,331 per annum 3 year temporary contract

Ref: CFE/08/0462

Teaching Assistants

Starting salary £13,959, with progression through contribution related pay to £15,826 per annum, pro rata, 20 hours per week, term time only, fixed term to August 2009

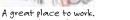
Ref: CFE/08/0463

Tutors will be responsible for the planning, delivery and evaluation of sessions through a variety of media. As a Feaching Assistant you will provide support to students under guidance from the tutor. For both posts you will be committed to the welfare and education of vulnerable and disengaged students.

Closing date for both posts: Midday, 24th September 2008.

These posts are subject to an Enhanced Disclosure from the Criminal Records Bureau.

To apply, visit www.kent.gov.uk/jobs Alternatively, please email recruitment.line@kent.gov.uk or call 0845 8247 904 quoting the relevant reference number.



www.kent.gov.uk/jobs

₩ O

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Full & Part time positions starting Oct.

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Early Years Advisory Teacher

Starting salary £29,920, with progression through contribution related pay to £35,370 per annum (pro rata for part time)

+ £4,819 market premia Homebased

Working with the private and voluntary sector within the Shepway Rural locality, you will offer advice, support training and quality assurance.

This post is suitable for a qualified teacher with Early Years experience, with an excellent understanding and working knowledge of the Foundation Stage Curriculum, and the needs of young children and their families.

You must be able to demonstrate the ability to understand and work with a wide range of providers and external agencies. Excellent communication skills are therefore essential as well as knowledge of additional and special education needs would be advantageous.

When applying please state if you are interested in a full time or part time position.

This post is subject to an Enhanced Disclosure Application to the Criminal Records Bureau. Ref: CFE/08/0446

Closing date: Midday, 23rd September 2008.
Interview date: 14th October 2008.

Treatment Foster Care Project Officers

Starting salary £22,825, with progression through contribution related pay to £26,159 per annum (pro rata for part time)

Temporarily at Brockman Family Centre, Folkestone

Multi-dimensional Treatment Foster Care is a specifically designed fostering programme for Looked after young people aged 11-16 years who aren't able to live with their own parents or mainstream foster carer.

It involves each young person having an intensive programme of support, activities, treatments and therapy alongside a system of rewards and consequences to bring about lasting change in their lives.

We are looking for two skilled trainers one full time post and one part-time fixed term contract until 31/3/2009 to join our mutli-agency staff team. You will spend a lot of time with young people, encouraging them to explore new and interesting hobbies and activities.

These posts present the right applicants with a unique opportunity to broaden their experience and develop behaviour management skills which would be transferable to many other education or social care settings.

If you have experience of working effectively with disaffected young people, are able to form positive working relationships with a range of other professionals in order to bring about bettee outcomes for young people we would like to hear from you.

This post is subject to an Enhanced Disclosure Application to the Criminal Records Bureau.Ref: CFE/08/0460



A great place to work.

Our services aren't the same, so neither are our people. Treasure Chest is a Learning Resources Centre in the ASK Early Years & Childcare Unit, providing learning resource materials to



nurseries and pre-schools, schools and out of school providers across the county from its base in Aylesham.

Treasure Chest Resource Centre Regional Driver/Co-ordinator

Starting salary £16,627, with progression through contribution related pay to £18,288 per annum

We wish to appoint a driver/co-ordinator to work within the team, who will be responsible for:

- Maintaining and developing links with providers of Foundation Stage learning, Children's Centres and Out of School providers across the West Kent region.
- \bullet Promoting Treasure Chest loans to increase membership take up.
- Updating records and providing advice on stock selection.
- Delivering and collecting resources, (a vehicle is provided and the post holder will need to have a full, clean driving licence and be able to undertake the necessary manual lifting and handling).
- Ensuring the vehicle is cleaned regularly and maintenance checks are undertaken.

This is an exciting role and we offer opportunities for training and career progression.

This post is subject to an Enhanced Disclosure Application to the Criminal Records Bureau. Ref: CFE/08/0442

Treasure Chest Resource Centre Support Officer

Starting salary £15,826, with progression through contribution related pay to £16,627 per annum

Following the promotion of the current post holder, Treasure Chest is looking to appoint a Support Officer to help co-ordinate the smooth administration of the resource centre.

Working as part of a team, the post holder will be responsible for:

- Maintaining records of equipment delivered in and out and ordering stationery and stock for the service.
- Dealing with incoming and outgoing correspondence by preparing and typing letters, memoranda, reports for managerial meetings and collating or originating material for other documents, as required.
- Monitoring and maintaining the Treasure Chest memberships database, assisting in promoting the service and providing reports as appropriate.

Training will be provided and the post offers good opportunities for career progression. Ref: CFE/08/0443

Treasure Chest Resource Centre Assistant

Starting salary £13,959, with progression through contribution related pay to £15,826 per annum

We are looking to appoint a new post holder to help with the day to day running of the centre. Working as part of a team, the post holder will be responsible for:

- Carrying out routine tasks and general office duties including dealing with queries and taking orders over the telephone, by fax and by e-mail and assisting with maintaining the database of orders.
- Collecting and collating ordered stock ready for loading on the delivery vehicles.
- Assisting with checking returned goods and ensuring the centre and the stock is kept clean and minor repairs are undertaken.

This is a very friendly team and training is offered. Ref: CFE/08/0444

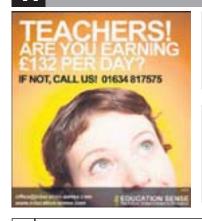
For an informal discussion about the Teasure Chest posts, please contact Tammy Winstone on 01304 849043.

Closing date: Midday, 18th September 2008. Interview date: w/c 6th October 2008.

To apply, visit www.kent.gov.uk/jobs Alternatively, please email recruitment.line@kent.gov.uk or call 0845 8247 904.
Please quote the relevant reference number.



www.kent.gov.uk/jobs



MULTI SKILLED CARPENTER required (Self Employed)

Must have experience and be able to work alone in a professional manner to high standards.

The applicant must also have own transport and be willing to travel (sometimes required to stay away). Contact Andy Fuller on 07710 261616 or email: andy@bespokedevelopments.co.uk

PLUMBERS/MAINTENANCE ENGINEERS

Experienced plumbers and maintenance engineers required in the Tonbridge, Medway and Maidstone areas. Earning potential £30k plus.

Please contact: Kevin Wyley, Pro Plumbing Kent Ltd, PO BOX 492, Chatham, Kent, ME5 9XX Tel: 01634 682011 • Fax: 01634 682019 Email: proplumbkent@aol.com

To advertise in this section



817040

BECOME A MULTI-SKILLED ENERGY ASSESSOR

By law trained Energy Assessors will need to carry out an estimated 3 million Energy Assessments in the year from this October - 200,000 commercial buildings, 1.8 million homes being rented and 1.1 million being sold (2.1m in normal house sale years).

Applicants are therefore required to train <u>now</u> - no previous surveying experience is required - at our London, Bristol, Birmingham and Manchester training centres which are approved by the Government-appointed Awarding Body for the Built Environment. The subsidised training is taken in separately bookable 1-week modules usually around current commitments and you qualify as a multi-skilled Domestic and Commercial Energy Assessor, Flood Risk Assessor and Home Inspector.

Homes now being sold already require Assessments with average fees of £70 being paid to our Assessors – fees for the 1.8m rented homes from October are expected to be similar. Fees for currently optional Home Inspections average £250 - commercial Assessments are expected to be higher. Up to 15 domestic Assessments or 6 commercial Assessments or Home Inspections are estimated to be carried out in a week, subject to size of properties and supply. As well as thousands of Assessors carrying out Energy Assessments, 7500 Home Inspectors will be needed upon Government making Home Inspections compulsory - less than a thousand are currently certified.

Regardless of the 'credit crunch' these new 'green' laws and 3 million Assessments are creating a rapidly expanding new industry which you could join, subject to interview and Aptitude test. So apply now for subsidised training and to start a new career carrying out this environmentally important work with potential multiple income stream opportunities.



020 8335 1700

Ref: HKO38E

Looking for Positives...

Cedar House is a 44-bed hospital offering secure services to people with learning disabilities and challenging behaviour. Do you want to work in a meaningful and challenging role in a stimulating environment? We currently have several exciting opportunities to join our friendly team in the following departments:-

SOCIAL WORK

SENIOR SOCIAL WORKER £31,040 pa - 37.5 hours per week

The post holder will provide a comprehensive social work service to the patient group, including pre-admission assessments, treatment plans, discharge arrangements, social work reports and attending internal and external meetings as appropriate. You will actively promote and enhance social work practices to the highest standard and provide social work advice based on sound evidence and best practice to members of the multi-disciplinary and senior

You will lead the Social Work department in developing a strategic plan for the progression of the social work service within the unit, providing visible social work leadership and input.

You must have comprehensive experience of working in a social work role within a learning disability/mental health setting together with previous supervisory experience. You will have an in-depth understanding of the Mental Health Act 1983, Care Standards Act 2000, relevant legislation and best practice and be able to work according to these requirements. Relevant qualifications and valid registration with the General Social Care Council (GSCC) are required for this role.

NEWLY QUALIFIED SOCIAL WORKER – PART TIME POST £25,577 pa (pro-rata for part time)

You will support in providing a comprehensive social work service to patients, including treatment plans, discharge and transfer arrangements, social work reports, liaising with families/ relatives regarding patient progress and facilitating home visits where appropriate.

You will support the Senior Social Worker in delivering a high calibre, visible social work service to the unit.

You will possess a Diploma in Social Work or recognised equivalent and must be registered or eligible to register as a Qualified Social Worker with the General Social Care Council (GSCC). You will possess previous experience working within a healthcare/learning disability environment and will have comprehensive understanding of the Mental Health Act 1983, Care Standards Act 2000 and other relevant legislation and be able to work according to these requirements.

ADMINISTRATION

ROTA & KPI CO-ORDINATOR £17,010 pa - 37.5 hours per week

You will have overall responsibility for the management of 4 weekly rosters and co-ordinating the resourcing requirements of the nursing and care department, including allocating overtime, agency and bank shifts to staff. You will manage the Time Attendance Rostering System (TARS), ensuring accurate information is inputted, and the collation and production of accurate unit operational KPIs.

You will possess previous experience of rostering (both creation and management) and experience in dealing with and analysing statistical and financial information. You will have excellent communication and IT skills, be able to work independently and as a part of a team and be able to work to deadlines in a pressurised environment.

EDUCATION. REHABILITATION AND SKILLS DEVELOPMENT DEPARTMENT

TUTORS – COMMUNICATION, DAILY LIVING SKILLS & SPORTS/FITNESS £17,010 pa - 37.5 hours per week (3 posts)

You will assess patient skills in your identified activity area, plan activities according to individual needs, produce individual learning plans and facilitate learner involvement setting positive, achievable targets in line with service guidelines. You will maintain daily records and submit detailed written reports on patient progress for reviews and assessment meetings. You will have previous experience of planning, delivering and evaluating activities and supporting adults within your identified activity area in a healthcare/learning disability environment. You will possess highly developed organisational skills, be able to manage own workload accordingly and possess a full UK Driving Licence and be willing to drive Company vehicles. An initial teaching qualification (C&G, 7303 PTLLS or equivalent) and activity area related qualification is desirable.

TEACHER - BASIC SKILLS £21,805 pa - 37.5 hours per week

You will design and deliver individually tailored educational programmes to meet patient needs, carry out assessments, produce individual learning plans and, mentor and develop members of the Education, Rehabilitation and Skills Development Department. You will facilitate learner involvement, oversee the regular review of patient goals and take a lead role in an agreed area of development/responsibility.

You will hold a teaching qualification (Cert.Ed., B.Ed, PGCW or recognised equivalent), possess comprehensive experience of planning and delivering educational sessions and have previous supervisory experience. You will be able to effectively organise and manage your own workload, be an excellent communicator and be able to develop and maintain positive working relationships with patients, colleagues and external agencies.

PATIENT ACTIVITY TIMETABLE CO-ORDINATOR

£9,808 pa - 22.5 hours per week (to be worked across 5 days)

You will be responsible for producing weekly timetables, to include activity sessions, staff allocation and resource availability. You will produce accessible information for patients relating to individual activities and provide administrative support to the Department, including producing Key Performance Indicators (KPIs).

You will possess highly developed organisational and communication skills, and have a working knowledge of MS Office Suite. You should have experience of preparing materials to tight deadlines with a high standard of accuracy and presentation and the ability to manage time effectively, work methodically and maintain positive relationships with patients and colleagues.

In return we offer a variety of benefits including Pension, Life Assurance, 30 days annual leave plus Bank Holidays, excellent training and development opportunities and positive management support.

If you wish to be considered for any of these roles, please contact Reception on (01227) 833700 for an application form, alternatively you can download an application form from our website www.careprinciples.com

Closing date: 28th September 2008.

Appointments are subject to Criminal Records Bureau Disclosure. We are an equal opportunity employer committed to developing our staff.



WESTKENT

Community Support Worker Based in Rainham, Job Ref: MSF048

Salary £18,038 37 hours a week

West Kent is a high performing housing association providing excellent homes and services across Kent and we are a Sunday Times Best Company and a listed Top

100 small employer. In the role of Community Support Worker you will provide floating support to a group of vulnerable clients, who have previously received support from a Community Support Officer and are now ready to withdraw from the service.

Your key role will be to help individuals become independent and

For this role you will need experience of supporting people in at least one of the following areas: mental health, learning disability, substance misuse, or vulnerable older people.

You must have genuine commitment to make a difference and have a flexible approach. Excellent communication and motivational skills are essential as you will be working closely with a broad range of people.

You will encourage self-sufficiency and independence while at the same time providing clients with the support and guidance they need to get back on their feet. You may also be required to give practical 'hands on' help in life skills in some cases.

You must be well organised, able to work on your own initiative and have a full driving licence and access to a vehicle for business

To request an application pack contact Clare Cornwell on 01732 749451 or email clare.cornwell@wkha.org.uk

Closing date: 29 September 2008

This post is subject to a Criminal Records Bureau check.

West Kent Housing Association aims to provide equality and opportunity for all we house and employ

View our current vacancies online at www.westkent.org











Find a job online



Register your details and we'll email you daily with new jobs that match your selected criteria

JobsforKent.co.uk

The smart way to find a job in the County

Extraordinary People doing an Extraordinary Job

One of the country's leading providers of education and residential care for vulnerable vouna people are now recruiting. Due to expansion, our homes near Maidstone, Meopham and Bromley currently have vacancies for:

Registered Manager (Salary up to £33,900 plus bonus)

Deputy Managers (up to £22,980 plus £27 per sleep in allowance)

Senior Residential Support Workers (up to £20,040 plus £27 per sleep in allowance)

Residential Support Workers (up to £15,500 plus £27 per sleep in allowance)

Waking Night Residential Support Workers (up to £9.88 per hour)

As part of the team of carers, you will work closely with the young people, providing 24 hour intensive care and

Ideal applicants will have had experience as a residential childcare practitioner or in education. You will need appropriate qualifications and experience to be considered for the Registered Manager, Deputy Manager and Senior RSW roles.

These positions come with an excellent benefits package and we take pride in the training and caree opportunities we offer.

If you feel you have the skills and experience to succeed in any of these roles, please telephone our 24 hour recruitment hotline on 01536 509209 for an application pack or email slitman@castlehomes.co.uk. You can also access our recruitment web page on www.castlecaregroup.co.uk

Closing date for completed applications: 6th October Interviews will take place during week commencing: 13th October

City@ Guilds



achievement employability

Canterbury e

Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008.

We are now developing plans for Phase 3, for completion in 2012.	
Project Co-ordinator – College Redevelopment 37 hrs per week, salary starting from £18,375 per annum	08/117
Trainer Demonstrator – Sport, Leisure, Travel & Tourism 18.5 hrs per week, salary starting from £18,375 pro rata per annum	04/106
Trainer Demonstrator Animal Care and Land Pased	TD12



Trainer Demonstrator - Maths/Physics 27.75 hrs per week, salary starting from £18,375 pro rata per annum Lab Technician (Resource Assistant) **RA18** 18.5 hrs per week, salary starting from £14.535 pro rata per annum

Resource Assistant/Work Placement Organiser **RA17** for Health and Social Care 18.5 hrs per week, salary starting from £14,535 pro rata per annum

Resource Assistant Animal Care and Land Based 04/98 37 hrs per week, salary starting from £14,535 per annum Placement Visitor within Early years/Playwork

19 hrs per week, 38 weeks term time. Salary starting from £14,535 pro rata per annum

Curriculum Support Assistant within the Faculty of ICT/ Retail & Commercial/ Leisure & Tourism/ Catering/ Business & Law

37 hrs per week, 38 weeks per year term time. Salary starting from £18,375 pro rata per annum 08/131 Curriculum Support Assistant within Health, Public Services and Care
37 hrs per week, 38 weeks term time.

Salary starting from £18,375 pro rata per annum

Assistant Head Chef RC01 37 hrs per week, salary starting from £14,535 per annum Catering Assistant CA₆

16 hrs per week, 36 weeks term time. Salary £11,801 pro rata per annum **Night Cleaners** 08/22 20 hrs per week, salary £6.13 per hour **Full Time Cleaner**



For an application pack please visit www.cant-col.ac.uk or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is Monday 29th September 2008 at 12 noon Staff benefits include:

- Pensions and Life Assurance Scheme
- Proximity to Mainbus / Train Stations
- Close to City Centre
- Sports Hall and Gym
- Generous Holiday Allowance
- Staff Discount Scheme



Canterbury College is an equal opportunity employer

South East Health Ltd is a dynamic, growing organisation, commissioned by several Primary Care Trusts in Kent and Sussex to deliver an impressive range of unscheduled care services to a resident population base of around 2.2 million.

In order to meet the needs of patients we require experienced nurses to join the following

NURSE PRACTITIONERS

Nurses with minor illness/injury experience are required to work alongside our GP workforce at William Harvey Hospital, Ashford for daytime and out-of-hours shifts as part of our A&E Front Ending Project.

We also require experienced minor illness nurses to work within our Out of Hours clinical bases within East Kent including Sittingbourne and the Isle of Sheppey. Nurses will provide assessment and treatment for patients with urgent care needs, supported by PGD's and prescribing skills where appropriate.

NURSE ADVISORS

Telephone Nurse Advisors are the first point of clinical contact for patients and we are currently recruiting for our Ashford Call Centre. Using clinical knowledge and skills alongside triage protocols you will decide the most appropriate pathway of care for patients and their symptoms.

STAN (SINGLE TELEPHONE ACCESS NUMBER)

The STAN service has been commissioned by PCT's and is staffed by a team of experienced nurses and skilled support staff. We require nurses to join our team working between 8am and 8pm at our Ashford Call Centre to help plan patient care alongside GP's ensuring appropriate transfers of care for patients.

employability

For an application pack or an informal discussion with the locality manager please contact Caroline Weetch, HR Assistant on 01732 376092 or e-mail caroline.weetch@sehnp.nhs.uk

Closing date for receipt of application: 10th October 2008

South East Health is an equal opportunities employer.





Canterbury

Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

Head of Faculty Higher Education 37 hrs per week, salary starting from £40,821 per annum	08/112
Section Manager – Automotive Engineering	06/70
37 hrs per week, salary starting from £32,808 per annum	
Section Manager Construction Craft	08/12
37 hrs per week, salary starting from £32,808 per annum	
Section Manager – Sports, Leisure, Travel & Tourism	08/27
37 hrs per week salary starting from £32,808 per appum	

International Manager 08/111 37 hrs per week, salary starting from £32,808 per annum Co-ordinator of WBL and other Part-time Motor Vehicle CO106 programmes including IMI ATA

37 hrs per week, salary starting from £26,365 per annum Coordinator of IMI and C & G Full-time 08/132 **Automotive Engineering Programmes**

37 hrs per week, salary starting from £26,365 per annum **Lecturer Public Services** 07/31 18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

Lecturer Health & Social Care 05/39 37 hrs per week, salary range £17,816 - £25,545 per annum **Lecturer Health & Social Care** 18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

Lecturer Animal Care and Land Based 18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum **Lecturer Animal Care and Land Based** 08/133

37 hrs per week, salary range £17,816 - £25,545 per annum. Temporary post to cover Lecturer Independent Living and Leisure Skills

Lecturer independent Living and Leisure Skins	00/133
9.25 hrs per week, salary range £17,816 - £25,545 pro rata per annum	
Lecturer Independent Living and Leisure Skills	00/33
18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum	
Lecturer Performing Arts – Drama	08/100
18.5 hrs per week salary range £17.816 - £25.545 pro rata per annum	

Supply Lecturers required in the following areas:

S/SPO Sport Computing S/COM Hairdressing S/HAIR Drama S/DRA Dance S/DAN Various hours available, salary range £17,816 – £25,545 pro rata per annum

For an application pack please visit www.cant-col.ac.uk or call the

Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is Monday 29th September 2008 at 12 noor Staff benefits include:

Pensions and Life Assurance Scheme ■ Proximity to Mainbus / Train Stations

Close to City Centre

- Sports Hall and Gym
- Staff Discount Scheme
- Generous Holiday Allowance



Canterbury College is an equal opportunity employer

Discover the secrets of our success - Business opportunity

Breaking the mould

"We're changing the way people buy and sell their homes and we are inviting people who have the foresight to take advantage of this opportunity to join us in the revolution before others try to follow".

Christian Miles Director, Miles & Barr







"This company is one that is as different to what we know as Estate Agents as chalk is to cheese"

Judge, Dick Pascoe, Kent County Council

- Own your own business
- Be part of an award winning brand
- Low entry costs and high earning potential
- No previous experience necessary

Become a Partner with Kent's Company of the Year

Have you ever watched The Dragon's Den where a simple but brilliant idea is presented and you sit there watching thinking "I wish I'd thought of that or could at least be part of it?"

Well, we had that same eureka moment almost two years ago, long before the current property market decline and since then we have been developing and moulding our ideas for the future into an award winning business model.

Our winning concept works even in these difficult market conditions and will have we believe as big an impact on our sector as the iPod had on the music industry.

If you would like to share in the secrets of our tried and tested formula which has set our business apart, then you'll probably already have the entrepreneurial spirit that it takes to become a business owner/partner with Miles & Barr. If you are prepared to put hard work, commitment and investment behind your ability and have the vision to see what a great opportunity this is, then you could be one of the partner's we are looking for. Whether you come from an estate agency background or not, you will need to come with an open mind and without any preconceived ideas.

We believe that the old estate agency format is dying and that once you have seen our successful formula, you to will have your own eureka moment, just like those entrepreneurs in The Dragon's Den.

If you are interested in finding out more about this life changing concept please contact Miranda Mallery on **01843 572582** or email **franchise@milesandbarr.co.uk**

www.milesandbarr.co.uk/franchise

ourkentdating





SIMPLY IRRESISTIBLE Bubbly, genuine, honest, caring Mum of 1, 34, dark hair, blue eyes, loves nights in/out, seeking male, 30-40, with GSOH, for love and all. Box 437041 0

HISTORIC MEETING? Mum of three, 36, long mousey h blue eyes, interested in historical places, music, eating out, seeks kind, caring, genuine male 36-49, non-smoker, for LTR. Box 440693

SEIZE THE DAY Attractive and friendly female, 36, caring, considerate, outgoing, loves to travel and walks on beaches, seeks similar male for potential long term romance. Box 442392 ①

Good looking 20yr old female, gsoh, likes dancing, socialising and meals out. Seeking a like-minded honest male for friendship, hopefully a LTR. Box 443855 SATISTANTEED GUARANTEED Lively female, 26, 5ft2, brown hair, green eyes, size 10, single mum, enjoys most things, seeks genuine, laid-back guy, for fun, friendship and more. Box 428555 MEND A BROKEN HEART MEND A BHOKEN HEART Single mun, 37, fun-loving, been hurt in past, looking for nice, gen-uine guy for hopeful happiness - ni time wasters! Box 908053 • •

SEIZE THE DAY
Loving female, 36, 5ft4, brown hair,
green eyes, likes socialising, staying
in, seeks genuine male for friendship and more. Box 428666 •

29yr old professional single mum, own home/car, loves socialising, bowling and cuddles, WLTM a male, 30-36, to put a smile back on my face. Box 443894 ■

SNUGGLE UP
Tall, attractive, good hearted African
female, 28yr old, enjoys films, good
food and cuddles, WLTM a white
male for friendship and romance.
Roy A41654 6

LOTS OF LOVE TO GIVE

WOMEN'S SPOTI IGHT

HOPEFULLY YOURS

SATISFACTION GUARANTEED

SNUGGLE UP

See online for: Success Stories



Read or write your own Success Story. Our members have been keen to write about their stories and how they met - who knows their stories may help you in your search! We are always glad to hear from you.

Increase your dating success

Online, say more about yourself and your perfect partner with our extended profile, add extra photos to your profile, even change your ad's colour! It makes for a great dating advert that other people are bound to like! Search at your leisure

If you can't find who you're looking for on our page here, you will find so many more members online. Browse, read, hear and see members.

www.people2people.co.uk/kos.asp

IF YOU CAN REACH, TAKE
ME OFF THE SHELF!
Pettle, dark-haired, blue-eyed
female, 30, fun and friendly, bright
and bubbly. Bored of being single,
looking for a lovely man to take me
out! Box 895349 *

NO TIMEWASTERS!

Easygoing female, 32, enjoys shopping, football, eating out, cosy night in, WLTM loving, caring white male 35-47 for long term loving relationship. Box 444214

WE COULD MAKE IT HAPPEN enjoys theatre, meals and cosy nights in, WLTM a male, 30-42, fo

happy relationship. Box 442617 (THE TRUTH ABOUT RUTH I'm Ruth, hard-working, kind, caring woman, 32, brown hair/eyes, nice smile, looking to meet similar chap, so call me and let's see how it goes. Box 901072 • • •

LIVE, LAUGH & LOVE Lively, attractive female, 32, 5'5", looking to meet that someone special to share life, laughter and love. Box 429124 ①

READY TO START AGAIN!

Nice, fun-loving single mum 1, 32, 5'7", brown hair, like cinema, walks WLTM caring male for friendship. maybe leading to LTR. East Sussex. Box 409416

Box 409416 THE TUNION FEMALE
Attractive, 31, 54", size 12, dark hair with blonde highlights, tactile, WLTM intelligent, professional, attractive guy, for a happy relationship. Tunbridge Wells. Box 308734 PVOU WON'T REGRET IT

YOU WON'T REGRET IT
Curvy brunette, 5ft4, hazel eyes,
single mum, looking for that special
passionate and caring man to share
good times with. Box 443256

PRINCESS FIONA Fun-loving single mum, 37, 5ft8, loves going out, staying in and hav-ing fun, WLTM a male to be my knight in shining armour. Box 443290 ①

443290 **⊕**DON'T PASS ME BY

Cute, single mum of 4, 38yrs old, Kent based, into most things, look ing for friendship or possibly romance. Box 897983 **⊕**

ANIMAL LOVER? Nurse, 37yrs, 2 kids, 5ft8, blonde hair, blue eyes, likes the gym, cooking, swimming, salsa dancing, look-ing for a kind, caring, loyal male Box 431557 •

OH MANDY
Mandy, 38, lovely brunette, petite & slim, very tactile & bubbly, professional mum, WLTM honest, romantic N/S man. Box 432639 ①

CHAT'S ENTERTAINMENT Lovely single mum, 38, 5ft4, blonde slim build, loves socialising, good fun and chatty, WLTM similar male

for fun and laughter, maybe leading to LTR. Box 372889 **① ②** A NICE BOTTLE OF WINE

Lovely, glossy brunette, 39yr old, petite, bubbly and loving, enjoys the atre, music and eating out, WLTM a professional, loving and tactile ma for a relationship. Box 442551 **①**

NO TIES

NO TIES
Lonely, bored, professional
Tunbridge Wells Asian lady, 40,
WLTM slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box
443573

◆

FREE AD placement, call: 0808 156 5339 **COLLECT** your messages: 0906 550 4335

THE SOUND OF LOVE Divorced mum of two, 41, 5

medium build, brown hair, blues eves, GSOH, likes eating out, bowl ing, cinema, nights out, seeking like minded male for love. Box 887416

MAKE ME SMILE AGAIN

slim, looking for a honest, chilled guy who has time to spare share! Box 887484 0 0



TOO MUCH TO ASK? Genuine female, 41, 5'3", brunette, brown eyes, medium build, enjoys

meals out, music etc, seeks male, 38-42, for romance. Box 155275 **①**

COME INTO FOCUS Single mum, 42, 5'11", deep blue eyes, GSOH, likes cinema, dancing

meals out, staying in, seeks nice man for fun and maybe more.

Gillingham. Box 182210

LOVE AND HUGS REQUIRED

LINE IN INC. 1822 IN I Fun-loving, curvaceous 42yr old, sports loving, slightly 'mad', lots of love to give, suffering from neglect Needing TLC and hugs...can you help? Box 887854

ATTRACTIVE Professional female, 43, enjoys dancing, walking, reading and cooking, WLTM an intelligent professional male, who can hold a good conversation, for a relationship. Box 444282

CALL ME...
Honest caring lady, 43, single mum, medium build, blue-green eyes, streaked blonde hair, likes swimming, reading, cooking, wining, dining, WLTM fun-loving male for love. Box 444211 ©
MISS JULIE

MISS JULIE
Bubbly blonde, 44, stupid and like
having a laugh, good company,
friendship, would like to meet new
friends for hopeful love... Box

friends for hopeful love... Bo 888162 **①** READ ALL ABOUT IT

Petite, sincere woman, 44, wavy blonde hair, blue eyes, size 10, loves beach walks, animals, DIY, swimming, travelling, WLTM N/S man to share things with. Box

man to share things with. Box 429682 **① COULD IT BE YOU?** Hi I'm 44, slim, 5ft8, a redhead, love nights out, socialising, looking for friendship initially and hopefully more later on. Box 889800 **②**

KEEPING COMPANY TOGETHER

TOGETHER
Young looking South African origin tall female, 45, long dark hair, seeking caring male for friendship and hopefully more! Box 444232

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Fun extrovert person, 45, likes cine-ma, going out, meels, socialism, 517, dark brown hair/eyes, curvy, seeking nice gut) to start off as friends. Box 442905 ♥ LOOK FORWARD TO UDOK FORWARD TO WHARING FROM YOU! Slim build female, 46, 5111, easygo-ing, happy natured, seeking LTR with a caring, committed man who enjoys cinema, eating out, reading, DVDs and more. Box 443216 ♥

SANDY SEEKS DANNY Slim, petite Sandy, 46, brown hair, green eyes, no ties, loves socialising, eating out etc, GSOH, seeking trustworthy, honest man for partnership and mutual affection. Box 440100 **①**LET'S TAKE A RIDE

Hi, I'm Laura, 47, friendly, honest, love motor-biking, WLTM gentleman interested in bikes, walks, holidays,

LAUGHTER, THE BEST MEDICINE
Help me write my stand-up comedy routine! Im 49, you'll need to make me laugh out loud and understand observational comedy to make the grade. Box 892640 **⊕**JUST IMAGINE
Petite, brunette, bubbly, friendly, easyyoing single mum, 49, enjoys cinema, eating out, socialising, most things, WLTM genuine male, to see where life takes us! Box 893562 **⊕**ENTERTAIN ME
49/vo female, medium build, blonde.

49/yo female, medium build, blonde, quite short, seeking tall, confident, sensual guy for regular wining, dining, loving and laughter, honest,

genuine and laughter, honest, genuine and loving. Box 438854 **① DIG DEEPER**Genuine

DIG DEEPER Genuine, friendly female, 49, likes walks, gardening, nights in/out, seeking genuine, friendly male, 4555. Dover Box 435441 MEND A BROKEN HEART

MEND A BROKEN HEART
Hard working, kind and caring
female, young 52, seeking a genuine man for a relationship, no time
wasters please! Box 444286

■
LOVING & HAPPY-GO-LUCKY
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Jovial, caring female, 51, 5'3", brown hair, hazel eyes, own business, WLTM nice, tall, good looking gent for laughter, life and love. Box 926614

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MORE
Curry & cuddly, outgoing, friendly, honest female, 53, 5ft7, larger build, fair hair, likes socialising, country walks, theatre, cinema, music, swimming, WLTM similar loving male. Box 443642 ©
STROKE MY HAIR
Very varient leaking female, 53, 5ft6.

STROKE MY HAIR
Very young looking lemale, 53, 516,
slim, hazel eyes, wicked SOH, loves
the coast. sea, country, socialising,
seeking fun-loving man for laughter
and love. Box 444138 ©
HAPPY AGAIN
Hello, ITM Sue, 35, 5firt1, size 14,
enjoys country walks and meals
invout, WLTM a male to be happy
again with. No time wasters! Box
443937

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NO SHALLOWNESS

Intelligent lady, 55, 5ft8, large build, looking for a nice, genuine male who enjoys theatre, meals, laughter, music, relaxing and good conversation. Box 444145

SOPHISTICATED SUE Sue, 56yr old, 5ft4, green eyes, petite, loves cooking, holidays, reading and swimming, WLTM a tall professional male, similar age, for friendship and romance. Box 443309

443309 **①**SMART MOVE
Spontaneous, friendly, lively female,
55, likes cinema, walking, cooking,
socialising, seeks similar person for
friendship leading to hopefully more.
Box 430854 **①**

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DANCE WITH ME?

DANCE WITH ME?

Slim, blonde, female, 57, interested hugely in live music of all genres, eating out, pubs (with music!). Looking for companionship initially. NOT looking for marriage! Box 887517

■

TAKE MY HAND

nale. 59. likes to Happy-go-lucky female, 59, likes to drive, the coastline, cosy nights in, good meals, WLTM caring male to have laughs with and more. Box 444226

◆

MAKE ME PURR

MAKE ME PURR
Happy-go-lucky lady with nice
smile, 62, 615, medium build,
brown hair/eyes, enjoys dancing,
walking, eating in/out, animals,
seeking loving man for
friendship/long term relationship.
Box 443171 0

Women

seeking women ROCKING RELATIONSHIP Canterbury area, short brown hair, brown eyes, looking to meet fun-loving females for potential relation-ship. Box 889771

ship. Box 889771 **TOYOU'VE GOT A FRIEND**Relaxed female, 37yr old, 5ft6, fair hair, enjoys evenings in, cinema and pub, WLTM a female for friendship and companionship. Box 442347 **TO**

CANDLELIT CUDDLES! 40-year-old gay woman, likes nice wine, candlelight, the sea, passionate people and places, muddy walks and cosy nights in, WLTM gay woman for friendship. gay woman for friendship/relation-ship. Seaford. Box 894541 **@ @** ATTRACTIVE, BUBBLY LADY

52yrs, 5ft6, blonde, size 12 enjoys good food/wine, theatre, country-side, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship Box 414143



MEN'S SPOTLIGHT NEEDING A CONFIDENCE

BOOST! I'm 22, 5ft10, shaved head, muscular build, go to the gym regularly, shy, seeking someone likewise to have fun and bring me out my shell!

Box 439730 •

COME ON OVER TO MY PLACE

PLACE
Down to earth lad, 29, blonde hair blue eyes, likes sports, football, having a laugh with mates, seeking similar female for companionship and love. Box 444137

TABLE FOR TWO?

Hi, I'm Mark, 32yrs, brown hair & eyes, muscular build, I'm easygoing, up for a laugh type of guy, looking for Mrs Right. Box 900019

FOR LOVE

FOR LOVE
South African sporty male, 35,
5ft10, professional city worker, likes
going out, has GSOH, seeking
blonde lady 20-35ish for good times
and more. Box 444057

And more. BOX 4944/07 ♥

ROLLING ON

Down-to-earth male, 35, slim, likes the pictures, cycling, walks, reading, hoping to meet nice lady for love and romance. Box 444039 ♥

LARGER LADY WANTED

LARGER LADY WANTED

**Miscular white male, 35, 6ft5, hob-

Muscular white male, 35, 6ft5, hobbies include; weight training, music reading etc, seeking a medium/large build female for fun, friendship and who knows what else. Box 444118 Q

else. Dox 444110 ♥ ♥

HERE I AM

I'm Stuart, 36, 6ft6, short dark hair, stocky build, love squash, badminton, swimming, the gym, theatre, seeking a fun-loving, nice lady for loyalty and love. Box 437106 ♥

for loyalty and love. Box 437106 The November Soul Mates Genuine single fella, 37, worked hard all my life now needs to play hard, seeking loving lady to have loads of fun and more with. Box 443971 WORKING OVERTIME Stiff complexed male, 27, 614, shoes

Self-employed male, 37, 6ft1, short brown hair, blue eyes, medium build, enjoy the gym, pubs, clubs, restaurants, WLTM female for long

restaurantis, WLTM female for long term relationship. Box 443065
HI LADIES
Im 38, 5ff11, average build, like pubs, restaurants, cinema, quiet nights in with chocs and DVDs, seeking kind, happy female with GSOH, for honest relationship. Box 442056

MAKING SWEET MUSIC

RMALINE SWEET MUSIC
Romantic male, 39, 6ft, blue eyes,
medium/muscular build, enjoys
socialising, cosy nights in, music,
looking for a loving, fun-filled female
for happiness. Medway town. Box
433795 © Q WORKAHOLIC SEEKS COUNTRY GIRL

COUNTRY GIRL
Hi, I'm 40, down to earth, reliable,
honest, like keeping fit, going out,
meals out, watching movies, seek
ing similar lady for lasting love &
happiness. Box 889945 happiness. Box 889945
ARE YOU OUT THERE?
Self-employed carpenter/shopfitter,
42, a Dad, single for a while and
now looking for my soulmate, be
nice to make some friends along
the way. Box 887718

FUN AND CUDDLY

42yr old male, 5ft7, blue eyes, enjoys cinema, walking, swimming and cosy nights in, seeking a damsel to rescue and be happy with. East Sussex Box 443933 •

THE REAL THING

Happy-go-lucky, fun-loving male, 42, 5ft9, brown eyes, medium build, likes nights out/in with a can of coke, seeking similar female for companionship. Box 441762 **①**HAND IN HAND FOREVER?

Hand IN HAND FOREVER? Happy-go-lucky cheerful person, 42, 5ft11, black hair, loves sports, drinks, travel, seeking similar female 30-45 for love. Box 444205 ① ②

30-45 for love. Box 444205 **⊕ Q**LOVE ME DO

Caring and loving male, 43, average looks, self-employed, enjoys wild life, scl-fi and gardening, WLTM a petite female, 30-50, for a LTR. Box 444063 **⊕**

LOVE IN THE STARS LOVE IN THE STARS
Genuine reliable male, 43, likes
pubs, days out, nights in, watching
films, good-booking, seeking curvy
female 23-48 for mutual love & happiness. Box 442108 @
BODYGUARD
Muscular male, 44, 6ftb, blue eyes
enjoy keeping fit and good compaenjoy keeping fit an

VEGETARIAN VEGETARIAN
44yr old sociable, single dad, tall, fit, black hair, love cooking, countryside animals, looking for a caring and loving female, GSOH for friendship and LTR. Box 434684 ①

and LIR. Box 434694
LOOK NO FURTHER
I'm Tom, 44, blue-eyed, slim, 5ft5, a single dad of 1 from Eastbourne, 1 like swimming, motorbikes, clubs, having fun, and I'm looking for love!
Box 394758 GAME ON!
Ex-rugby player, 45, 6ft, blonde hair, blue eyes, loves holidays, socialising and clubbing, WLTM a fun-loving, genuine female, 41-45, for a relationship. Box 444347

LAUGHTER AND LOVE

Hi there, 46yr old male, 6ft, looking for a relationship with the right per-son, gsoh essential, romantic times guaranteed. Box 887474

SHARE THE GOOD LIFE

HAPPY TOGETHER HAPPY TOGETHER
White male, 46, 5ft7, easygoing, n/s
loves a laugh, enjoys theme parks,
concerts, romantic walks, WLTM a
female to be happy with. Kids no
problem. Box 444339

problem. Box 444339
TLC NEEDED ASAP
Genuine hard-working male, 47,
slim, good looking, 5ft8, into most
things...sports, pubs, meals, socialising, walks, travel...WLTM honest,
loyal female who won't break my
heart! Eastbourne. Box 444244
THERE IT GOES...

heart! Eastbourne. Box 444244 **①**LET'S SEE WHERE IT GOES... Gentle kind male, 48, 5ft9, medium build, WLTM rice, attractive, friendly, fun to be with lady who likes going out and socialising, for friendship first. Box 442869 ●

444165 **(i)** (ii) JOINED IN LOVE?
Good, down2earth guy, 46, green eyes, dark hair, silm, enjoys holidays, music, pubs, eating in a coulooking for a male 35-50 for companionship. Box 441106 **(iii)**

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HELP required with service? 0871 220 9205 TACTILE. FUNNY AND

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TACTILE, FUNNY AND LOYAL
Dave, 48, tall, slim, brown hair, clean and tidy, loves being in love looking for a feminine, funny and feisty female for friendship and more. Box 887784 @ @

WAITING FOR YOU
Fun-loving and laid-back male, 50, 6ft4, slim/medium build, smoker, enjoys cinema, music, travel and country pubs, seeking a female 44-55 for a LTR. Box 443869 TACTILITY
Good-looking professional Dad, 51, 61t, slim, dark hair, non-smoking, well travelled, enjoy sports, eating out, swimming, seeking slim/attractive/intelligent lady with youthful out look. Tunbridge Wells. Box 443548 TACTILITY

LET'S FIND LOVE LET'S FIND LOVE
Down-to-earth fun-loving male, 51,
5ft8, blonde hair, goatee beard, like
motorbikes, seeking female for fun
and friendship and to see how
things go. Box 444261

WANNA SHARE MY LIFE

WANNA SHARE MY LIFE WITH U Hi my name's David, 50, honest, caring, 6ft, medium build, blonde hair/blue eyes, own home/car, non-smoker, likes nights in and out, seeks female, for long-term relation-bles. Park 20000.

ship, Box 420000 **©**CRAZY, HAPPY, DEVOTED IN

CRAZY, HAPPY, DEVOTED IN LOVE

Young male, active, 52, enjoys socialising, mixing with people catting, having fun, cooking, music, theatre, travel, seeking like-minded female for love and happiness. Box 444040
EX-ARMY MALE
Carpenter/builder, 56, 5ft10, own hair/teeth, likes the gym, swimming, walking, dancing, flirins, music, current affairs, seeking like-minded lady for love. Box 444103
LOVE ME, LOVE MY
TROLLEY
Tall, dark, divorced male, 59, likes

TROLLEY
Tall, dark, divorced male, 59, likes
most music, dining out, cinema,
seeking female to share my Tesco
trolley for friendship and hopefully
more. Box 444251

● PURSUING LOVE

Retired, considerate male with GSOH, 67, 5ft9, medium build, loves the countryside, animals, tra el, seeking slim female 45-65 with similar interests. Bexhill-on-Sea. Box 444300 ①

Men seeking men

FUN TIMES
35yr old male, looking for fun with
an attractive man. I'm good looking,
with a slim/medium build. Box
437652 0

TALL ORDER
100 reference file double slim/man. TALL ORDER
40yr old chap, 5f8, dark, slim/muscular build, good looking, looking for
a tall guy for fun. Box 439132

WALTING FOR YOU
42yr old male, blue eyes, shaved
head, enjoys esting out, socialising,
art and theatre, WLTM a male, 3550, for fun, possible more. Rye Box
444165

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BUSINESS BRIEFS

Proper equipment essential at height

THE Health and Safety Executive (HSE) is urging companies to provide full safety equipment to employees working at height, following the prosecution of a Hampshire company last week.

Profile Construction and Interiors pleaded guilty at Basingstoke magistrates' court and was fined £234, plus £200 costs and a victim surcharge of £15, for breaching regulation 9(2) of the Work at Height Regulations 2005.

It comes after an incident last August when an employee fell three and a half metres through a fragile roof and suffered a broken collarbone, fractured ribs and a fractured skull in three places.

He was standing on two crawling boards Profile Construction and Interiors had provided.

However, the boards were an insufficient platform to work on, and no coverings or guard-rails had been provided.

Two autumn talks

THE Kent branch of the Chartered Institute of Marketing is hosting two evening events this autumn. The first is on Wednesday, October 8, at

The first is on Wednesday, October 8, at the Ramada Hotel Resort in Maidstone. The Kent annual marketing lecture, On a Wing and Prayer, will be delivered by Tony Anderson, former marketing director of EasyJet.

Then, at Kings Hill on Wednesday, November 12, CIM Kent branch president Dr Paul Fifield will talk on Marketing in a Recession.

Both lectures are open to all businesses

Both lectures are open to all businesses and interested people. To book, visit www.cimkent.co.uk.

Chapel Down dinner

THE newly-opened restaurant run by celebrity TV chef Richard Phillips at Chapel Down vineyard is hosting an evening for county businesspeople to celebrate the best of English food and wine.

As grapes at the Tenterden vineyard near harvest time, guests will tour vineyards and the winery, followed by wine tasting and dinner.

The event on Thursday, September 25, has been organised by the Kent branch of the Institute of Directors.

Tickets are £45 for IoD members, £55 for non-members, plus VAT. Contact iod.kent@iod.com or call 01732 849570.

VIEW THIS CLIP ON yourkenttv.co.uk



The Institute of Directors talks business strategies. Search 'leadership'

ADD to the pressures of modern office life

BY TONY PATEY

IT'S spreading from the blackboard jungle to the e-mail jungle – Attention Deficit Disorder (ADD) has migrated from the classroom to the office.

Office workers may not have heard of it but, according to Officebroker.com, which claims to work with 98 per cent of the UK's serviced office space providers and landlords, it's "one of the most alarming threats to productivity modern businesses face".

And it warns Kent firms it could well be here to stay, so has joined forces with leading stress consultant Ros Coleman to investigate if office ADD is unavoidable or if it can be sorted out by taking correct measures.

if it can be sorted out by taking correct measures. Office ADD was coined last year by American psychiatrist Dr Ned Hallowell, who noticed office workers with ADD symptoms – it's a neuro-behavioural condition, well known to teachers, which usually develops in childhood and is prevalent in one to three per cent of the world's population.

Symptoms include a poor eye for detail, forgetfulness, short attention span, listening problems, an inability to follow simple instructions, poor organisational skills, avoidance of tasks involving mental effort and the loss of important information.

Breaking point

Officebroker.com managing director Jim Venables said: "Everyone has a breaking point when put under a lot of stress. When this point is crossed we break down and our attention diminishes.
"The good news is that there are measures business-

"The good news is that there are measures businesses can take to help employees regain control of their lives and manage their workloads"

lives and manage their workloads."

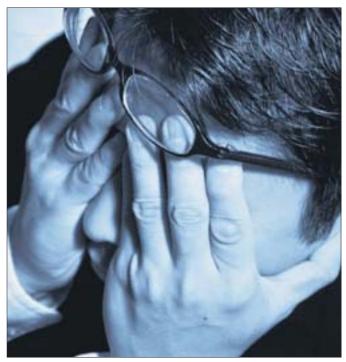
Ms Coleman, a member and former vice-chairwoman of the International Stress Management Association (UK), said: "Office ADD appearing more prevalent today could be because of the incredible advances in technology we have had to adapt to.

technology we have had to adapt to.

"On the up side, it is fantastic that we now have access to virtually any information immediately. On the down side, employers expect information immediately, often to unrealistic deadlines.

"As the pressure increases, the effect it is having on individuals is taking its toll. In the UK, one in six people report their jobs to be either very or extremely stressful and work-related stress accounts for one-third of all new incidents of ill-health.

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HIDDEN DANGER: Office ADD could be a sign of extreme stress or impending burnout

"This includes mild to severe mental and physical health problems, emotional exhaustion and burnout.

"This cause-and-effect situation is what psychiatrists in the United States are now labelling Office ADD. Governments and employers should be taking it very seriusly"

She advises office staff to: prioritise daily workloads; set aside time to go through e-mails each day; respond to new e-mails immediately; if your body is telling to stop don't ignore it; take regular breaks,

leave your desk and drink plenty of fluids, and most important of all, communicate with your boss and with your colleagues. Mr Venables added: "Communication is

Mr Venables added: "Communication is the key to overcoming this problem. It is important for organisations to look for symptoms of Office ADD among their employees.

"At least if you know the problem you can offer to help. We are all human and there should be no shame for individuals to admit they are struggling. A chain is only as strong as its weakest link."



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Flower blooms as Spitfires fall by the wayside



CAPTAIN'S INNINGS: Rob Key's 120 not out wasn't enough to stop Essex Eagles beating Kent to the Pro40 Division Two title

scourge of Kent as the Zimbabwean hit an unbeaten 68 to deny the Spitfires promotion in Division Two of the Pro40, writes Glenn Pearson.

After helping Essex to a five-wicket win against Kent in the Friends Provident Trophy at Lord's last month, Flower once again proved the difference to help his side win the crucial Pro40 promotion decider by four wickets.

The defeat ensured Essex finished the season as champions of Division Two while the Spitfires missed out on promotion, finishing fourth, and caps off a frustrating one-day season in which they lost in both the final of the FPT and Twenty20.

The Spitfires scored a competitive 246-5 thanks to a superb one-day innings from

CRICKET

skipper Rob Key. The Kent captain carried his bat for an excellent unbeaten 120 which came from 117 balls and included 15 fours and one towering six.

He put on a partnership of 112 with South African Martin van Jaarsveld who was controversially run out for 60 when it looked like

he was on for a big score.

Overseas all-rounder Yasir Arafat struck with the first ball of the Essex innings, bowling Eagles' captain Mark Pettini with a beauty that shaped away and pegged back his off stump.

From there on there was little for Spitfires' fans to cheer as Jason Gallian (51) and Ravi Bopapa (59) shared a stand of 113 to put their side back in charge. However, Darren Stevens, not for the first time this season,

broke the partnership by taking both wickets. It brought Flower to the crease and the Zimbabwean veteran played the perfect innings to see his side over the line. Kent's bowlers, who were below par, found him diffi-cult to bowl to and he eventually steered his

side over the line with an over to spare. Key said after the game: "It's a shame because I felt that was a decent score, but we

probably weren't at our best.

"It's been the bridesmaid season but I don't think we should accept that. We have been in effectively three finals.

"It's things like that [losing in finals] that you need to get off your back. You need to start winning stuff so next time you come around to it you're not thinking about it.

Things go from bad to worse for The East

SHEERNESS East are yet to record a point in the Kent County League Premier Division after they were beaten for the fourth time this season.

The East lost 3-1 at home to Rusthall on Saturday to condemn them to four

straight defeats in the league so far.

They unsurprisingly sit bottom of the division and will be hoping for better luck when they travel to Bromley Green on Saturday.

Milton and Fulston United were also on the end of a home defeat as they lost

4-1 to Snodland.

The newly-amalgamated side have recorded just one win from their five game in the Premier Division.

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Mark Stimson reveals his plans to sign a striker during the loan window

Islanders bag brace to get off to a flyer

AFC Sheppey got their season off to the perfect start with a convincing 2-0 win at

home to Otford United on Saturday.

After missing out on a game last week in the league, the islanders started their campaign to get promoted from Kent County League Division One East with a

County League Division one East with a confident victory.

Jamie Allen's side sit fourth in the division but will have a lot do this season to try and gain promotion with the likes of Canterbury City and Staplehurst Monarchs in the league.

ARC Shappen are back in action on

AFC Sheppey are back in action on Saturday when they entertain New Romney at the Medway Ports Ground. Kick-off is at 2.45pm.







NOT ENOUGH: Hicham Akhazzan went close for Sittingbourne (left) and (right) Dave Milton trying to force the issue for the Brickies during Saturday's FA Cup defeat

Second half calamity costs Brickies cup place

TWO goals in ten second-half minutes rocked Sittingbourne as they were dumped out of the FA Cup by Kent League side Erith and Belvedere.

In-form striker Richard Brady had to settle for a place on the bench after failing to shake off an illness, while skipper Pat Gradley was also deemed too ill to travel.

Brickies manager Gary Abbott was also without the services of the cup-tied trio, Brian Glover, Sebastian Schoburgh and Ben Payne.

Sittingbourne striker Elie Kayembe had a great chance to give the Brickies an early lead on eight minutes when he was presented with a header from four yards, but his effort went straight into goalkeeper Matt Bromby's hands. Striker Hicham Akhazzan, who returned to the side after having been left out, then had an effort go wide

A succession of corners followed for the

FA CUP FIRST QUALIFYING ROUND

BY GLENN PEARSON

Erith & Belvedere 2 Sittingbourne 0

Brickies but despite playing some attractive football at times, they couldn't find the killer touch and once again didn't shoot when the opportunity presented itself.

Midfielder Nick Reeves had a shot deflected

for a corner and a far post corner was headed over the Dere's goal by skipper Ian Varley. Sittingbourne finally had the ball in the net on 27 minutes when Colin Richmond's shot was pushed out to Kayembe who struck the ball into the net. The goal was chalked off by

the referee for off-side.

The second half was barely 30 seconds old when Kayembe waltzed round the defence and crossed the ball to an unmarked Akhazzan, but he fell as he was about to shoot and the ball trickled wide of a gaping goal.

The Dere's then had their best chance of the match when Joby Thorgood made a chance for Matt Johnson but he fired over the bar.

Erith were now having their best period of the game and on 48 minutes they took the lead. Johnson spotted Matt Reed off his line and from an acute angle, he lobbed the Brickies keeper to put the home side into the lead.

Sittingbourne had a chance to equalise almost immediately but Reeves' shot was well saved by Bromby. The Kent League side increased their lead when a defensive error let in Nick Smith who fired into the net.

Sittingbourne were dealt a further blow when Billy Manners was stretchered off but all the substitutes had been used and as play progressed the ten men never looked like pulling the goals back.

Shakey loses teeth and chance of crown

SUPERBIKES

BY GLENN PEARSON

SHANE Byrne not only lost the opportunity to claim the British Superbike Championship at Croft but the Sheppey rider ended up losing two front teeth in a freak accident in practice.

Byrne went into the weekend's two races knowing as long as he didn't concede nine points to second-placed Tom Sykes, the championship would be his.

However, the weekend didn't get off to the best of starts for the championship leader as he appeared to hit a bump in practice which saw him go straight over the handle bars and land head first. The 32-year-old lost his front two teeth and tore a muscle in his shoulder.

Byrne still took to the field for the first race although he had a frustrating afternoon, finishing fifth. Sykes finished in third spot ahead of Byrne, while fellow Airwaves Ducati rider Leon Camier from Ashford won the first race.

The start of race two saw Byrne work his way up from 10th place at the end of the first lap to take fifth position by lap 13.

He recorded some of the fastest race laps of

the day to move ahead of Camier with two laps to go. However, he was not able to catch the podium contenders and crossed the line in fourth place, with Sykes again ahead of him in

second spot.

Byrne still leads the championship by 92 points after ten rounds and has a further two rounds and four races to clinch the title.

After the race a disappointed Shakey said:

"It's been a bad day at the office for me. I am gutted that I did not get on the podium in either race and I am disappointed not to have

wrapped up the championship here at Croft.
"In race one I worked hard to get myself up to third, however I was pushed very wide



SO CLOSE: Shane Byrne missed out on his chance to clinch the British Superbikes Championship at Croft

on the final corner and driven back to fifth.
"It was gutting but it got me really fired up for race two, however that didn't go to plan either and although I was lapping fast I couldn't catch the front guys and had to settle for fourth. It has been a frustrating

weekend but I'll now focus on Silverstone and hopefully take the championship for Airwaves Ducati there."

Byrne will race for the championship at Silverstone on September 28 followed by the final round at Brands Hatch on October 12.



ASSIST: Rob Welling set up Norton's second goal against Lordswood

Norton's late late show seals seven-goal thriller

FOOTBALL

Norton Sports 4 Lordswood 3

NORTON almost threw away a three-goal lead but a last minute winner from Tony Clark spared the Kent League newcomers'

After suffering a 4-1 defeat to Hythe Town last Tuesday night, Norton were in need of three points to edge away from the relegation zone.

Lordswood arrived at Winch's Field without a manager and having failed to earn a single point so far this season.

After an even first 15 minutes, a break by Norton saw player/manager Ben Taylor pick the ball up on the left hand corner of the box and cross for Clark to steer the ball

The lead was extended ten minutes later when the Lordswood goalkeeper came flying out of his area to try to head the ball away but his clash with Rob Welling saw the ball drop to striker Michael Holden who slotted the ball home.

In first half stoppage time, Tommy Price

headed home a Clark free-kick to give Taylor's side a three-goal lead heading into

The home side started where they left off with Price going close, but on the hour mark things went from bad to worse.

Three goals in three minutes put the basement side back on level terms, leaving Norton shell shocked.

Norton failed to clear a corner and the ball was played back into the box for an easy far

post tap in for Mortimer.

A minute later a harmless long ball saw goalkeeper Paul West and Scott Appleton hesitate which allowed Phillips to nip and slot home. The away side were back level when a hopeful cross from 35 yards floated into the top corner.

It looked at this point as though Lordswood would go on to pick up their first points of the campaign but as the clocked ticked on, Norton put together a good pass-ing move that set Clark free on the right.

His lofted cross eluded the Lordswood goalkeeper and somehow managed to drop into the top corner, earning Norton their second win of the Kent League season.



ON TARGET: Faversham slammed five goals past Beckenham

Lilywhites put in five-star display

FOOTBALL

Faversham Town 5 Beckenham 1

FAVERSHAM Town co-manager Justin Luchford already has one eye on next month's clash with high-flyers Hythe Town to see how much his side has progressed.

The Lilywhites continued their impressive start to the season at Salters Lane with a comprehensive 5-1 demolition of Beckenham.

Town raced into a two-goal lead after ten minutes thanks to a brace from Roy Guiver.

Beckenham came back into it and grabbed a lifeline when Lewis Wood con-

granbed a lifetime when Lewis wood con-verted a penalty after having been brought down in the area by Dave Soutan.

The Lilywhites restored their two-goal cushion with a Lee Shearer penalty five minutes after the break, while Steve O'Brien, on-loan from Dover, headed in the fourth after 74 minutes.

The rout was complete two minutes from time when Josh Maasbach fired in through a crowded six-yard box for Town's fifth.

Luchford was pleased to see his side win 5-1 for the second game in a row at home, but is earmarking the October 11 clash with Hythe as one for his team to look

forward to.

He said: "Hythe are one of the teams to beat in this division because of their togetherness as a squad. The game with them is in the back of my mind as it will be a benchmark for where we are.'

The Town co-manager praised captain Lee Shearer after an assured performance at the back with new signing Steve Lloyd, and has revealed that Shearer has been turning down offers from the Ryman

Premier to stay at Salters Lane.

He said: "Shearer is getting better and better and he makes such a difference. He should be playing at a higher level, but he really enjoys playing with us."

The Lilywhites have signed Aaron Burnett from Herne Bay and he is expected to go straight into Saturday's squad to face Tunbridge Wells in the FA Vase at Salters Lane.

Striker Lynden Rowland is expected to go for surgery on his knee this week and Luchford hopes to have him back next month.





See a video compilation of this weekend's FA Cup action involving Kent sides



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Construction Expo 2008 has joined with Kent's Future Live, the regeneration show that has been held

successfully for the past two years within Kent County Show. The merger of these two events will provide a powerful business platform for all those interested in construction, development and regeneration projects in Kent and Medway.

SEEDA, delivery boards, contractors, architects, developers, planners, suppliers, utilities and training providers are among the many exhibiting and visiting the show. Invitations have been sent to key decision-makers in the industry and to Ministers and local MPs.

A comprehensive conference programme will be held throughout the day; In the main exhibition area, modern building techniques will be demonstrated including the application of clay block and engineered flooring systems by Natural Building Technology and Total Floor Solutions. Other interactive demonstrations featuring brickwork, carpentry, painting and decorating, and roofing will be on hand.

Denne Construction will host its own mini-expo, aimed at schools, in a marquee next to the main exhibition area.

The show promises to be a valuable and vibrant day, concluding with a champagne reception and guided tour of the Rochester Riverside development on board the refurbished paddle steamer, Kingswear Castle.

Entry to Construction Expo 2008 is free to visitors who will have the opportunity to:

- View a wide range of solutions and services on offer from leading suppliers
- Receive expert advice from industry experts
- Attend a comprehensive Conference Programme covering key issues within the industry
- Network with key players
- Visit the Mini Expo, showcasing work from schools in Kent and Medway

Dining and Refreshments

Hot and cold food available all day

Construction Expo is on Wednesday 24th September 2008 at Chatham Historic Dockyard.

The exhibition opens at 8am and finishes at 4pm. Entry for visitors is free and fast track registration is available by visiting the website www.constructionexpo.co.uk or emailing liz.hare@constructionexpo.co.uk or call 01303 817172 for more information regarding the show.















Introduction

11.30am





Stephen Stone Chief Executive, Crest Nicholson



Realising the Rochester Riverside Vision An exciting programme of Rochester Riverside flagship development will be unfolded during this presentation by the insightful CEO of Crest Nicholson. What is coming to Rochester and what will be the effect on Medway? (Later on in the afternoon, a riverside tour will be hosted by Medway Renaissance; there are limited places, so book if you haven't already

9.00am

Councillor Jane Chitty Portfolio Holder for Strategic Development and Economic Growth





Jane will be opening and welcoming delegates and exhibitors at this year's Construction Expo.

Pooran Desai OBE Sustainability Director BioRegional Quintain and One



One Planet' Pooran is a founding director of BioRegional Quintain Ltd, who are the joint developers alongside Crest Nicholson on Rochester Riverside. Pooran will outline the principles that form One Planet Living and what it will mean for people who will live, work and create a community at Rochester Riverside. Pooran is also going to be one of our judges throughout the day at the mini expo for schools sponsored by Denne Construction.

9.15am

Liston-Jones Chief Executive of the Thames Gateway Kent Partnership



Outline of presentation to Construction Expo 24 September 2008

David Liston-Jones's presentation will set the context for the day's discussions. He will describe the development of the Thames Gateway programme, and the particular issues and challenges we face in the Kent part of the Gateway. He will explain how the authorities and partnerships in North Kent are working together to tackle those issues, and highlight some examples of the real and significant progress that has already been made. Whilst we are currently operating in a challenging economic climate, the Thames Gateway is a longterm initiative and David will talk about the exciting plans for the future of the area.



Rob Thompson Legal Executive Brachers Solictors



Debt Recovery

In this current period of economic uncertainty, Rob will present a practical "self-help guide" to help prevent businesses within the construction industry from falling victim to bad debt. After setting the scene with the latest debt statistics, he will deal with relationships with customers, with a view to hopefully avoiding problems arising in the first place. Emphasis will also be placed on the importance of clear contractual relations and maintaining the balance between marketing and realisations. Finally, he will share some hints on how to ensure that you are not seen as a "soft touch" whilst at the same time maintaining good customer relations.

9.45am

Wayne Hemingway Designer and Business leader



The Bridge

Wayne has been working with Taylor Wimpey and Broadway Malyan on the masterplan for one of the first Thames Gateway schemes in Dartford, The Bridge. He is therefore no stranger to the wider Thames Gateway issues surrounding social housing, space, design, jobs and skills. In his presentation Wayne will outline his vision and what opportunities are to be had at both the good and the challenging times. Wayne will welcome questions from the floor after his presentation. Wayne is also going to be one of our judges throughout the day at the mini expo for schools sponsored by Denne Construction.

12.45pm

John Winson Site Facilities and Business Development Manager for Select Plant Hire Lang O'Rourke group

Setting up a construction site

John will outline the issues involved in setting up site accommodation and the ever increasing cost of hiring so many different skilled contractors. He will cover the constraints surrounding planning, security as well as new environmental requirements.



Paul Toben Programme Manager-London 2012 Games Business Link Kent



Register for CompeteFor and see opportunities 2012 Games, Is your company fit enough to compete for the work being generated by the

2012 Games? Paul will give practical advice as to how companies in Kent and Medway can register for CompeteFor and access London's 2012 subcontractor opportunities.



Alan Cherry Chairman of Countryside **Properties**



The Future – A developers' perspective What's happening in Kent and Medway? What shape and form will it take and how is the industry responding to the changes? With the demand for sustainable communities, more social housing and so on, how should the industry respond to these demands? Alan Cherry brings a wealth of experience to this Expo conference and will explore these issues with his audience.

1.55pm

Jane Ollis Sustainable Business Programme Manager: ness Link Kent



Are you a small firm looking to win public

sector contracts?
Find out what public sectors contracts are coming up in Kent over the next 6 months and the opportunities for your business. Preparing tenders can help you win big orders but can be time consuming and costly. Come along to this session to find out why its worthwhile and why your environmental credentials are becoming more important.



Pete Halsall Managing Director of BioRegional Quintain



Building techniques and skills

So how will Rochester Riverside be built? Pete will give a clear outline exploring examples of the new building techniques and skills sets to be adopted at Rochester Riverside and where they have been used in other parts of the South East He will also explore the opportunities that exist for local companies when adopting new modern methods of construction. There will be live demonstrations of some of these techniques taking place on the event floor throughout the day.

2.30pm

Russ Timpson Principal Engineer and Managing Director of the Fire Strategy Co



Fire Safety

A talk on serious fires at construction sites which will include 2 to 3 case studies and the risk management around these



Wendy Mesher Medway Renaissance



Rochester Riverside Tour with champagne reception

A guided tour of the Rochester Riverside development on board the refurbished paddle steamer, Kingswear Castle. Spaces are limited for the boat tour, so book early!

Conference Programme may be subject to changes without prior notification